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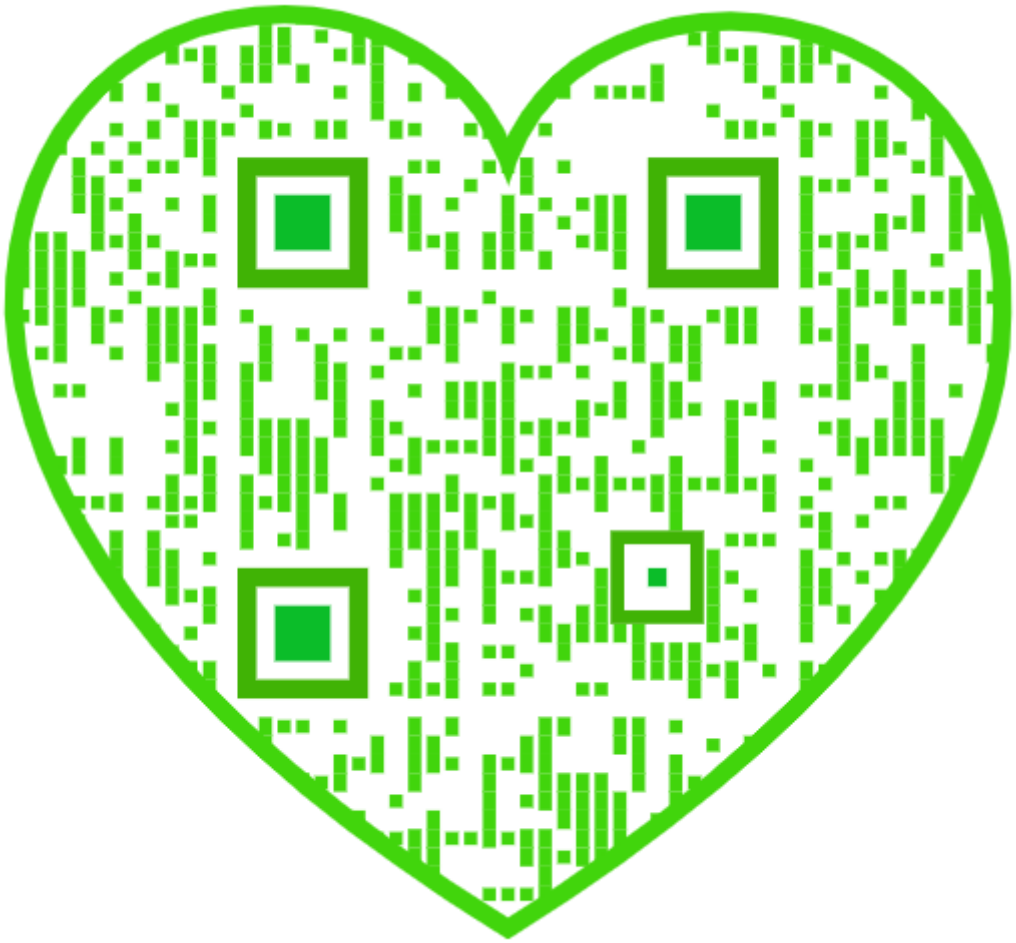

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TRIED AND TRUE

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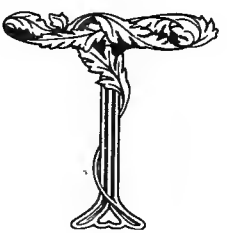
TRIED AND TRUE

Five Hundred Recipes With
Practical Culinary
Suggestions



BY

CAROLYN PUTNAM WEBBER

1909

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"Three things are essential to life: air, water and FOOD."—*Hoy.*

"Food is that which taken into the body satisfies hunger, supplies energy and replaces the wastes of the body."

"Every man is not born with the qualifications necessary to constitute a good cook. What study demands more study? Cookery is an art appreciated by only a few individuals and which requires, in addition to most diligent and studious application, no small share of intellect, and the strictest sobriety and punctuality. There are cooks and cooks, but where is the perfect cook?"—*Ude.*

FOREWORD

The following pages bring to my pupils, listeners and friends a collection of "TRIED AND TRUE" recipes, with practical suggestions as to their preparation. Most of these recipes have been given to different audiences on the recipe-slips used at Demonstration Lectures, but are here assembled for every-day use. The recipes are not all original by any means, but have all been tested and, in many cases, slightly changed to meet my personal tastes and principles of cookery.

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Weights and Measurements

Accurate measurements are necessary to insure success.

Flour should be once sifted before measuring.

Level measurements are always to be used.

4 saltspoons.....1 teaspoon
3 teaspoons.....1 tablespoon
16 tablespoons .....1 cup
2 tablespoons butter.....1 ounce
4 tablespoons flour.....1 ounce
2 tablespoons granulated sugar.....1 ounce
½ lb. butter .....1 cup
¼ lb. flour .....1 cup
¼ lb. sugar .....1 cup

1/3 c butter - - - - 5 tbsp

The cup used should have the half, third and quarter marked on it.

½ spoonful should be taken lengthwise and not crosswise of the spoon and ¼ is one half of the half spoonful.

Beginnings and Appetizers

"The palate is the janitor; unless he be reconciled the most nutritious food will find no welcome."

Hors-d'Œuvres (Appetizers) should be used as the first course for the company dinner. The origin of the course is to be found in Russian culinary art and now is the preface to the more elaborate repasts in all countries. Oysters, caviare, sardines and eggs are most often used in making the canapés and dainties under this heading.

OYSTER COCKTAIL

1 tbsp. vinegar
1 tbsp. Worcestershire sauce
½ tsp. salt
2 tbsp. catsup
2 tbsp. lemon juice
2 doz. oysters

Mix the seasonings and let it then stand on the oysters an hour. Six servings.

CAVIARE CANAPES

Butter rounds of brown bread, put on them rings of hard-cooked eggs and caviare, mixed with lemon or French dressing. Garnish with cucumbers.

SWEDISH LETTUCE

1 c. chopped cabbage
½ tbsp. sugar
¼ tsp. mustard seed
½ c. cut celery
½ tsp. salt.
French dressing

Serve on lettuce leaves.

HORS D'ŒUVRE OF SHRIMPS

Arrange shrimp on toast fingers with either cucumbers or radishes, or both, as a garnish, and add salad dressing. Often a lettuce leaf is placed under the toast.

VALENTINE CANAPES

Cook half finely chopped onion in one tablespoon of butter three minutes. Add two tablespoons flour, one cup milk, and cook until mixture thickens. Add half teaspoon salt, quarter teaspoon paprika, a little pepper and half pound of shrimp meat. Toast rounds of bread cut half inch thick on one side, spread with equal parts of butter and cheese, creamed together and seasoned with salt and black pepper. On top place shrimp and place in a hot oven until slightly browned. Garnish with red pepper.

SARDINES AU MAIRE

9 sardines
1 tbsp. butter
½ tsp. lemon juice
⅛ tsp. mustard
9 toast fingers
3 yolks
1 tbsp. milk
Salt
Cayenne

Heat sardines in oven. Beat yolks, add other ingredients and stir over heat till blended. Cover sardines on toast with this mixture and garnish.

GRAPE-FRUIT JELLY

Soften one tablespoon of Knox gelatine in half cup water, dissolve with one-quarter cup of boiling water. Add one-quarter cup of sugar, one and one-half grape-fruit pulp and juice and one teaspoon lemon juice. Garnish as desired; mould. Serve at luncheon or dinner.

PINEAPPLE AND STRAWBERRY CORDIAL

Sweeten and slightly mash the berries and carefully cut the pineapple. Serve in glasses on doily and plate.

TOMATOES AND CORN

Use firm tomatoes and cut off the top slice and scoop out the pulp from the shells. Cut the kernels from two or three ears of corn, mix and season with salt and pepper, butter and return to the tomato shells; then cover with bread crumbs, seasoned with chopped parsley, and bake in pan with very little water for twenty minutes. Serve on rounds of toast.

SHRIMPS IN TOMATO CASES

1½ c. shrimps	6 tomatoes
2 tbsp. butter	Onion juice
1 c. bread crumbs	¼ c. cream
Salt, pepper	Speck soda

Cut tomatoes in halves, remove pulp, add butter and seasonings. Cook till reduced one half, and add soda and cream. Combine with shrimps, cut into small pieces and fill the cases. Cover with buttered crumbs and heat. Serve on toast.

Ham Canapes

Toast bread on one side, toast side down buttered + covered with minced boiled ham that has been seasoned with melted butter + pepper + is then topped with the powered yolk of egg. cut with biscuit cutter serve on lettuce leaf

Soups

"Take one part of gumption and one part of food."—*Atkinson.*

Soups can be divided into two classes: those made with stock and those made without stock. The clear stock soups do not contain much nourishment, but are the best for dinner soups, as they will stimulate the secretions of the digestive system, and if served hot, thus prepare the stomach for the other courses.

After cooling stock always remove all fat which gathers on the top, and clear it, if desired, by allowing one slightly beaten white of egg and the shell to each quart of stock. Add to the stock and place on the front of the range to bring to the boiling point, and boil two or three minutes; then simmer with very little heat applied for fifteen or twenty minutes, and strain through cheese cloth.

The cream soups consist of the milk and water, the vegetable, the binding, *i. e.*, flour and butter, and the seasonings. In adding the flour to a soup or sauce, it is usually preferable to melt the butter, blend with it the flour, dilute with some of the liquid (hot, if any of the liquids to be used are warm), and then combine all. The other method of adding thickening to a liquid is, to first mix it gradually with a small quantity of cold water or milk.

JULIENNE SOUP

1 qt. brown stock
¼ c. turnip
¼ c. carrot
¼ c. green peas

Cut vegetables, boil. Add to hot, seasoned stock. Vegetables are cut in narrow strips.

BROWN STOCK

3 lbs. hind shin beef	3 qts. cold water
5 whole cloves	5 peppercorns
½ tbsp. salt	1 onion
½ carrot	½ turnip
Sprig parsley	Celery

Wipe and cut meat. Put bones and half of meat into kettle with water. Soak one hour. Brown onion and rest of meat. Add all ; simmer six hours. Strain and cool quickly.

BROWN CELERY SOUP

1 pt. brown stock	½ small onion
1 oz. ham or bacon	2 tbsp. butter
2 tbsp. flour	1 c. celery
Salt	Pepper

Trim and cut celery. Put one cup of celery with three cups of cold water. Cook slowly till tender. Add all ingredients. Season well ; strain.

CREOLE SOUP

1 qt. brown stock	Salt
1 pt. tomatoes	Pepper
⅓ c. flour	¼ c. butter
1 tsp. vinegar	½ c. macaroni rings

Heat stock, add tomatoes, bindings and vinegar, and macaroni rings just before serving. Strain.

WHITE STOCK

Cool the water in which chicken or fowl has been cooked and season it for white stock.

CHICKEN SOUP

To well seasoned white stock add rice or barley, as desired.

TOMATO SOUP

1 can tomatoes
2 c. water
1 tsp. salt
¼ bay leaf
3 cloves
2 tbsp. flour
2 slices onion
1 tsp. sugar
Pepper
⅛ tsp. soda
3 tsp. butter

Blend butter and flour. Add one third of the hot tomato, water and seasonings, which have cooked fifteen minutes and been strained. Cook till thick and combine all. Serve with croutons.

MOCK BISQUE SOUP

4 tbsp. flour
½ tsp. salt
1 pt. milk
½ can tomatoes
Onion juice if desired
2 tbsp. butter
Pepper
1 pt. water
¼ tsp. soda

Mix in given order, adding hot tomatoes and soda just before straining and serving.

ASPARAGUS SOUP

1 can asparagus
4 c. cold water
3 tbsp. butter
3 tbsp. flour
2 tsp. salt
Cayenne
3 c. milk
2 slices onion

Drain and cook with milk. Press through sieve; reserve tips. Combine and bind.

GOLDEN SOUP

¾ c. cooked squash
1 qt. milk
1 slice onion
2 tbsp. butter
3 tbsp. flour
1 tsp salt
Pepper
Celery, salt

Rub squash through sieve before measuring. Combine, bind and season.

ROYAL SOUP

2 qts. white stock
3 tbsp. flour
Seasonings
3 yolks hard-cooked eggs
3 tbsp. butter

CREAM OF CELERY SOUP

½ bunch celery
3 tbsp. butter
Speck pepper
1 tsp. salt
Few celery tips to garnish
1½ pt. milk
3 tbsp. flour
Speck onion juice
2½ c. cold water

Cover celery after cutting it into small pieces with cold water; cook until soft. In a double boiler heat milk, add thickening and seasonings. Strain and add celery water (make it one pint any way) to milk mixture. Pour slowly.

CREAM OF PEA SOUP

1 can peas
2 c. water
3 tbsp. flour
1 slice onion or juice
2 tbsp. butter
1 tsp. salt
2 c. milk
Pepper

Follow sauce rule and combine. Mash peas and strain before serving.

CREAM CORN SOUP

A

1 can corn
½ tsp. salt
1 pt. boiling water

B

2 tbsp. butter
1 pt. milk
½ tsp. sugar
½ tsp. salt
2 tbsp. flour
Onion juice
Speck pepper

C

1 c. cream (whipped)
1 c. popped corn

Simmer *A* twenty minutes; add to *B*, cooked as milk sauce; garnish with *C*.

CELERY AND TOMATO PUREE

Cut one small bunch of celery into pieces, cover with three cups water, add one teaspoon of salt; cook slowly one hour. Cut one ounce of pork, fry with half sliced onion, half small carrot, bay leaf, clove or thyme and parsley as desired. Add one cup of tomatoes, celery, one tablespoon of butter, one tablespoon flour and pepper. Serve with croutons.

OYSTER BISQUE

1½ c. cold water
3 pts. oysters

Heat to boiling point; strain, using cheese cloth. Use oysters for salads or patties. Heat broth again, add one cup tomato sauce, one teaspoon salt, paprika, one teaspoon butter. Serve at once. Season the tomato sauce with carrots, celery and parsley.

BISQUE OF CLAM BOUILLON

½ peck clams
½ c. water
1 tbsp. onion
2 tbsp. butter
2 tbsp. flour
1 c. rich milk
Salt
Pepper
2 yolks
Nutmeg

Cook clams, add hot water to make one quart. Melt butter; add onion, flour, clam water, season; add yolks and milk.

SOUP ACCOMPANIMENTS

CROUTONS

Garnish a soup with tiny cubes of toast.

CRISPED CRACKERS

Split small, round crackers and spread with butter, then brown delicately in a moderate oven.

SOUFFLE CRACKERS

Split round crackers and cover in a pan with cold water for six or eight minutes, then dot with butter, and place in a hot oven till browned.

IMPERIAL STICKS

Cut bread in one-third inch slices. Remove crusts, butter and cut in one-third inch strips. Brown delicately.

CHEESE CRISPS

Spread crackers with butter and grated cheese. Brown delicately.

Fish

"With hooks and nets you catch us,
You never regard our pains;
Yet we reward you with dainty food,
To strengthten your body and brains."

Fish has less food value and flavor than meat in most cases and for this reason care is needed in its preparation to add seasonings and sauces to supply this lack. It is very easily digested and for reasons of economy, too, should be used more than it is in many households. The white fish, as cod, haddock or halibut, are more easily digested than the oily kinds, as salmon or mackerel.

To skin a fish, pull from the head, while if it is to be more thoroughly scraped, work from the tail towards the head, and if it is to be baked whole, always remove the eyes.

Fish can be boiled, broiled, baked or fried.

HALIBUT A LA FLAMANDE

Purchase a small, very thick halibut steak. Wash it in cold water, dry, and dust with salt and pepper. Cover the bottom of baking dish with two tablespoons of chopped onion, two of chopped celery and one of chopped parsley, put on the halibut slice, brush with melted butter and bake in a quick oven for thirty minutes, add a little water. When done lift carefully to heated dish. Put two tablespoons of butter in a pan, add two tablespoons of flour, mix, add one-half pint of strained tomatoes, stir until boiling, add one level teaspoon of salt, shake of mace and of pepper. Strain this around the fish, garnish the top with carefully boiled potato balls, dust with finely chopped parsley and border with toast points.

BAKED FISH A LA CARLETON

Split and bone a fish and place on well buttered sheet. Cream one-fourth cup of butter, two yolks, two tablespoons each chopped onions, pickles, and seasonings, lemon, salt, pepper and parsley. Sprinkle fish with salt, spread on mixture and bake in hot oven. Garnish and serve.

BAKED HADDOCK

Clean a three or four pound haddock Sprinkle with salt, stuff and sew. Cut gashes, insert pork and lemon, and shape for baking. Salt, pepper, flour and brush with butter. Bake about one hour. Baste.

STUFFING

1 c. crumbs
¼ c. butter
Lemon juice
Onion juice
¼ tsp. salt
⅛ tsp. pepper
¼ c. hot water

HALIBUT CUTLETS

1½ c. flaked fish
1 tsp. onion
½ c. flour
1⅓ c. stock and milk
1 tbsp. parsley
¼ c. butter
1 tbsp. lemon
½ tsp. salt
1 egg separately
Spread and cool

Shape and roll in crumbs, egg and crumbs, and fry in deep fat. Garnish and serve at once.

TURBANS OF HALIBUT

1 lb halibut
1 tbsp. lemon juice
½ tsp. salt
1 tsp. butter
Few drops onion
Speck of pepper

Blend butter and seasonings. Remove skin and bone, dip and roll each fillet. Bake in agate plate with remainder of butter till tender, fifteen to twenty-five minutes. Serve with soubise sauce.

PLANKED FISH

Bone and split a haddock or cod, leaving meat in two fillets. Place on plank with skin down and glaze with melted butter. Season and broil until slightly browned Reduce the heat to thoroughly cook. Serve with potato border, lemon and vegetable, and with beet garnish.

HALIBUT AU LIT

Halibut fillets Crumbs and egg

Cut halibut in fillets, roll half of them and fasten with skewers. Cook over boiling water. Serve with mock scallops.

MOCK SCALLOPS

Cut remaining fillets into pieces about the size and shape of scallops. Dip in crumbs, egg and crumbs, and fry in deep fat. Serve also with egg sauce.

COD ROLL

Skin and bone a small cod. Mix half cup bread crumbs, two tablespoons of melted butter, onion juice, parsley, two tablespoons of water, salt and pepper. Spread on the fillets, roll them up and fasten together. Bake.

EPICUREAN FINNAN HADDIE

Soak finnan haddie one hour in milk to cover. Bake thirty minutes and flake it; there should be two cups. Cook shallot or onion, pepper, one teaspoon salt, paprika, four tablespoons butter, four tablespoons flour, two cups milk. Add fish and serve on toast.

MOULDED HALIBUT

Chop one pound of uncooked fish. Cook one cup of bread crumbs, centre of loaf, with one cup milk, add fish, one teaspoon salt, one-fourth teaspoon pepper, one-half teaspoon onion juice, whites of two or three eggs. Bake it in pan of water forty or forty-five minutes. Serve with sauce.

BREADED SARDINES WITH RICED POTATO

1 small can sardines
Bread crumbs
1 egg
1 tbsp. butter

Pour boiling water over sardines to remove the oil and then take off most of the skin. Roll in crumbs, egg and crumbs. Fry slowly in hot omelet pan with one tablespoon of butter. Serve with riced or mashed potato.

FRIED SMELTS

Wash, dry, salt and sprinkle with flour; dip in egg and crumbs or meal. Fry and serve on hot platter.

OYSTERS A L'ASTOR

1 pt. oysters
½ tsp. red pepper
2 tbsp. flour
Pepper
1 tsp. vinegar
½ tsp. onion
2 tbsp. butter
Salt
1 tsp. lemon juice
1 tsp. Worcestershire sauce
Water to make one cup with oyster liquor

Parboil and drain oysters. Mix in given order and serve on crackers or toast.

OYSTERS A LA THORNDIKE

Clean and drain one pint of oysters. Put three tablespoons of butter in saucepan, add oysters, cook till plump; add one-half teaspoon of salt, one-eight teaspoon of paprika, grated nutmeg, one-quarter cup of rich milk, yolks of two eggs, beaten. Cook till creamy and serve on crackers.

OYSTERS LOUISANNE

Parboil one pint of oysters. Cook one and one-half teaspoon of butter, one tablespoon of red pepper, one-half tablespoon of onions, two tablespoons of flour, three-quarters to one cup of oyster liquor, salt, cayenne, and paprika for sauce. Arrange oysters on shells or dishes, border with duchess potatoes; pour on sauce and sprinkle with grated cheese. Reheat and serve.

PANNED OYSTERS

1 pt. oysters — Toast
Salt — Pepper

In a dripping pan on each strip of toast place a seasoned oyster. Bake till plump.

FRIED SCALLOPS

Clean one pint of scollops, turn into saucepan, cook till they begin to shrivel, drain and dry between towels. Season, roll in crumbs, egg and crumbs. Fry in deep fat. Serve with sauce tartare.

BROILED LIVE LOBSTER

If the lobster is not dressed for broiling at the market, this is done by holding the large claws firmly with the left hand, and with a strong pointed knife make a deep cut at the mouth and draw the knife quickly but firmly through the body and length of the tail; open and remove the stomach, the intestinal vein and the liver. Pull off the small claws and wash thoroughly. Broil on buttered broiler eight or ten minutes on flesh side and a little less on the shell side, or bake in hot oven fifteen minutes. Baste with melted butter.

LOBSTER A LA NEWBURG

2 lbs. lobster — Grating nutmeg
Pepper — 2 eggs (yolks only)
4 tbsp. butter — ⅓ c. rich milk
½ tsp. salt — 2 tbsp. brandy or sherry

Heat lobster meat with butter, add seasonings and egg and milk last. Serve with toast or pastry cases.

Oyster A La Newburg

1 pt oyster — Paprika
3 tbsp butter — ½ tsp parsley
1 c rich milk — 1 tsp salt
4 tbsp flour — 1 tsp lemon juice
1 c oyster liquor — 1 yolk

mushroom caps if desired cream and serve on toast points.

Meats

"True economy does not consist in going without, but in using what one has in such a manner as to secure the most from it."

Meat was considered necessary in some form at every meal in the days of our grandfathers, but now is used much less—only once a day in many families Beef, the meat of steer, ox or cow, is the most common; while lamb, the meat of lambs; or mutton, of sheep; and pork, that of the pig, are all used. Veal, the meat of the calf, is not matured enough to be a proper food.

Mutton and pork, if roasted, should be thoroughly cooked; and beef and lamb are often served in a more rare state. A good rule for general use in roasting is to allow twenty minutes to heat the meat and twenty minutes for each pound as the time of cooking. Very rare beef might take less. When it is desired to retain all the juices possible, as in a roast, have the oven hot before the meat is put in; and in boiling meats, use hot water when the juices are to be retained, and cold water if the stew or stock is needed and the juices extracted. In boiling ham, cold water is often recommended, and the meat is a better flavor if less salty

Wipe meats with a damp cloth, but do not wash enough to draw out the juices. Salt will often cause the juices to flow freely, and, in steaks, should not be added till part of the cooking is completed, and this principle ought to be considered in the roast to a certain extent.

Poultry is boiled, broiled or roasted, and must be always thoroughly dressed. The marketing hints in another chapter will give other suggestions.

PLANKED STEAK

Broil rump or sirloin steak in gas range broiler, and when about half cooked, place on hardwood plank with mashed potato border. Continue the cooking, and when potato is well browned, serve from the plank with peas, radishes, parsley, and French-fried potatoes (which have been fried in deep fat), or other vegetables.

Sometimes all the broiling is done on the plank, and, if so, place raw slices of potato on stale bread on the border to preserve the plank until mashed potato is added.

BEEF BALLS WITH SPAGHETTI EN CASSEROLE

Put over the fire one-half can red tomatoes, an onion, cut in thin slices, two sprigs of parsley and pint of water; let cook half an hour, then pass through sieve into a casserole; add one teaspoon salt and two tablespoons of butter, and the beef balls prepared as follows:

Chop very fine one pound of steak, freed from fat and stringy portions. To the chopped meat add one egg, beaten light, one-quarter cup bread crumbs and a grating of onion, one-half teaspoon of salt, paprika; mix altogether thoroughly, then divide the mixture into a dozen portions, and roll each into a compact ball. Have ready in a frying pan three tablespoons of hot fat, in this roll the beef balls until they are slightly browned on the outside, then drain on soft paper and put into the sauce in the casserole, cover the dish and let cook in the oven or on the back of the range about forty-five minutes.

In the meantime cook one-quarter pound of spaghetti or macaroni, broken in pieces, in boiling salt water until tender, drain and rinse in cold water. When about ready to serve the dish, take out the meat balls, turn in the spaghetti and one-half cup of cheese, lift the spaghetti with a spoon and fork until it is thoroughly mixed with the sauce and cheese; return the beef balls, cover and let stand in the oven to become very hot, then serve in the casserole.

SALISBURY STEAK WITH ONION SAUCE

One pound of tough meat twice through chopper, add one-half teaspoon salt and pepper. Form into steak one inch thick. Broil slowly.

SAUCE

One Spanish onion, boil till very soft, one-half cup water in which it was boiled, one tablespoon of butter, one tablespoon flour seasoning. Pour over steak and serve.

SCALLOPED BEEF OR LAMB

Chop meat, season, cover bottom of baking dish with crumbs, layers of meat, macaroni or rice, meat and crumbs. Pour over tomato sauce. Bake.

BEEF RAGOUT

Three pounds of round or flank. Cut in cubes, dredge with salt and flour sauté; then remove to kettle with close fitting cover. Brown four tablespoons butter, four tablespoons flour, add two cups stock, one-half cup carrots, one-half cup onions, and simmer one and one-half hours. Salt and pepper.

BEEF OLIVES

Strips of beef four inches long, one and one-half or two inches wide and rather thin, cut easiest from two-inch steak. Mix a stuffing of fine bread crumbs, seasoning, butter, one egg and parsley. Spread on beef, roll and tie with string. Stew in covered saucepan gently with one cup of brown sauce for thirty to forty-five minutes. Serve on bed of mashed potatoes.

FILLET OF BEEF A LA NAPOLI

Sauté or boil either fillet of beef or a thick steak and when almost cooked remove from fire and spread on the meat one pint of cleaned oysters. Season with salt and pepper and return to heat till oysters are plump. Garnish and serve at once.

CASSEROLE OF BEEF

Melt a tablespoon of butter, add six onions cut in slices, fry till slightly brown, put in casserole. Sear one and one-half or two pounds of steak from the round and cut in serving pieces, place in casserole also with salt, pepper and parsley, hot water to partly cover. Cook slowly until nearly tender. Add one cup of sliced potatoes which have been parboiled. Thicken the gravy and season after all is hot. Often peas or carrots are added.

BEEF CANNELON

2 lbs. grounded beef	2 tsp. salt
Pepper	1 tsp. parsley
1 egg	2 tbsp. butter
Nutmeg	Onion juice

Make compact roll. Bake and baste in oiled paper in moderate oven forty-five minutes Paper to be removed; serve with sauce and garnish.

HAMBURG STEAK A LA TARTARE

1 lb. ground steak	1 slice chopped onion
1 tsp. salt	Pepper

Season steak and make into balls with a depression in centre and cook partly in hot frying pan; then put an yolk in the centre of each and let them cook in hot oven. Serve with tomato or brown sauce if desired.

SPICED BEEF

Chop two pounds fresh beef, enough to fill four cups. Soak two slices bread, either toasted or plain in one and one-half cup of milk and add to the raw beef. Cut fine two slices fat salt pork and add to the beef, together with three even teaspoons salt and three even teaspoons Bell's seasoning. Place in a buttered pan. Cut a piece of butter the size of an egg in small pieces and distribute over the top. Bake from one to one and one-half hours.

LAMB CUTLETS A LA MANGE

Egg and crumb cutlets and mix grated cheese with the crumbs. Fry in butter and serve with rice border, if desired, and with tomato sauce. Can also be baked.

FILLETS OF BEEF, VIENNA STYLE

1½ lb. lean beef	1 tsp. parsley
3 tbsp. butter	1 tbsp. flour
3 onions	2 eggs
Salt, pepper, nutmeg	1 c. sauce (brown)

Chop, season and shape meat. Sauté onions and meat. Serve with onions and sauce.

GRENADINES

Cut a flank or round of steak into two-inch squares. Put in baking pan, dust with onion, parsley, celery, salt and pepper. Pour over it one pint strained tomato, blended with two tablespoons butter and two tablespoons flour. Bake in hot oven for thirty minutes.

LAMB CHOPS A LA CATALANE

Broil lamb chops which have been cut thick. When three-quarters cooked, remove from oven and coat; then bake ten minutes and serve on bed of boiled rice with garnish of vegetables.

COATING

½ c. tomato sauce	½ c. chopped ham
¼ c. bread crumbs	Seasoning

CHOPS EN PAPILLOTTE

Finely chop whites of three hard-cooked eggs, force yolks through strainer, add three common crackers, rolled and sifted, three tablespoons melted butter, salt, pepper, onion juice and rich milk to make of spreading consistency. Cover chops (lamb or pork) thinly with mixture, wrap in buttered paper. Bake about twenty or thirty minutes in hot oven. Remove paper, serve at once.

LAMB CHOPS AU FIGARO

Season and sauté chops, and serve with gravy and heated vegetables; tomato, beans and peas usually used. Garnish. Browned potatoes can be prepared at the same time.

LAMB OR BEEF RECHAUFFE

In a saucepan melt half tumbler of crab or currant jelly, add one cup of rich milk and salt and pepper to taste. Thicken with one-quarter teaspoon of arrowroot, diluted with cold milk. Add slices of cold roast meat, and serve as soon as meat is thoroughly heated.

SAUTE FILLET OF LAMB

Remove bone from two pounds of lamb from fore quarter. Cut in strips one inch thick. Marinade with three tablespoons oil, three tablespoons vinegar, two-thirds teaspoon salt, half onion, one tablespoon parsley. Sauté in butter or broil.

LAMB STEW

3 lbs. flank
½ c. rice
3 pts. cold water
½ c. carrots, onions or turnips

Cook two hours without vegetables. Gather the fat, reheat, add vegetables, two tablespoons flour, seasonings.

DUMPLINGS

2 c. flour
4 tsp. baking powder
¾ c. milk (more if needed)
½ tsp. salt
2 tsp. butter

Cook ten to twelve minutes in the stew. Serve at once.

MARYLAND CHICKEN

Dress, clean and cut up a chicken. Sprinkle with salt and pepper, dip in flour, egg and crumbs, place in well-greased dripping pan and bake in hot oven, basting after five minutes with one-third cup melted butter. Serve from plank with potatoes, white sauce and mushrooms.

VEAL LOAF

I

1 knuckle veal
1 c. ham
Nutmeg
Pepper
1 c. stock or more
1 lb lean veal
Lemon juice
Salt
Onion

Cook, chop, season, mould, garnish and press.

II

1½ lbs. finely chopped lean veal
½ c. bread or cracker crumbs
½ tbsp. lemon juice
¼ lb. finely chopped fat salt pork
½ tbsp. salt
1 heaping tsp. Bell's seasoning

Pack in small bread pan, brush with slightly beaten white of egg, cover and bake in slow oven two and one-half hours. Baste three times with one tablespoon butter melted in one tablespoon hot water, and prick frequently. Remove loaf and pour off any fat. Chill, cut in thin slices, garnish with slices of hard-boiled egg and parsley.

CRUMBED PORK CUTLETS

Wipe, sprinkle with salt and pepper, dip in crumbs, egg and crumbs. Arrange in baking pan and bake, basting three times. Serve with Soubise sauce.

SALMON SURPRISE

Mix a beaten egg with four cups mashed potato and add other seasonings. Line a bread pan with this and fill with a large can of salmon, to which has been added one tablespoon Bell's seasoning, cover with potato. Bake forty-five minutes. Brush over the top with egg to brown it, if necessary.

BROILED LIVER

Cover with boiling water slices of liver cut one-half inch thick, let stand five minutes, drain, wipe and remove the outside skin and veins. Sprinkle with salt and pepper. Place in greased broiler; broil five minutes.

DELICIOUS PRESSED BEEF

Take a six-pound cut shin beef, wash thoroughly, cut in small pieces, place in kettle, half cover with cold water and cook slowly for five hours. Remove fat, gristle and bone. Chop fine, add two even teaspoons of Bell's seasoning, heaping teaspoon salt, and enough of the liquor to moisten well. Place in deep dish with heavy weight on it and cool. An onion cooked with the meat will add to the flavor.

BOBOTEE

2 c. cold meat, chopped
Celery, salt or curry powder
4 tbsp. water
Cayenne
½ c. bread crumbs
1 tsp. salt
2 eggs

Butter dish, pour over one tablespoon lemon juice, add bobotee, bake thirty minutes. Add nuts if desired.

CECILS

2 c. cold chopped meat
2 yolks
2 tbsp. crumbs
Onion
1 tbsp. butter
Nutmeg
Pepper
Salt

Put all in frying pan, thoroughly heat, turn out to cool. When cold, form into balls, dip in egg and crumbs, and fry in deep fat. Serve with brown sauce.

MUTTON BALLS WITH RICE BORDER

Shoulder of mutton
2 tsp. onion
1 pt. tomato
Parsley or bay leaf
2 tsp. salt
Pepper
Butter

Chop mutton, having removed all the meat from the bone. Season. Form into balls twice the size of a walnut. Place in pan, pour on tomato (strained), add bits of butter. Bake thirty minutes. When done, dish the balls, add butter and salt, and make right consistency. Garnish if desired with rice (boiled) border.

BEEF STEAK A L'HENRIETTE

Broil a thick rump or sirloin steak and serve with Henriette sauce, toast points and parsley garnish.

BROILED SWEETBREADS

Let the sweetbreads stand in cold water an hour, changing the water often. Then cover with boiling water and simmer half an hour, drain and let them again stand in cold water till ready to use. Cut in halves lengthwise, and place on a well oiled broiler and cook six or eight minutes, partly on each side. Serve at once with maître d'hotel butter and garnish of peas and toast.

MEAT SOUFFLE

1 tbsp. butter
1 c. milk
1 tbsp. flour
⅓ c. stale bread crumbs

Cook all three minutes. Add

1 c. chopped meat (fowl is good, lamb is also satisfactory)
⅓ tsp. Bell's seasoning
½ tsp. salt
2 eggs, beaten separately

Bake in buttered dish for thirty minutes. Serve with milk sauce.

TURKEY DRESSING

I

1 c. stale bread crumbs
1 tbsp. Bell's seasoning
½ tbsp. chopped onion
1 egg
1 c. cracker crumbs
1 tsp. salt
⅓ c. butter
1 c. cut celery

About one and one-third cup of milk, or partly water can be used.

II

Toast seven or eight slices of white bread. Place in a deep dish, adding three tablespoons butter. Cover with hot water or milk to melt butter and make bread right consistency. Add one even tablespoon of Bell's seasoning and one even teaspoon salt. When well mixed, stir in one or two raw eggs. For goose or duck, add one raw onion chopped fine.

Meat and Fish Sauces

"The wise woman will have many sidelights in her composition; and in her kitchen, her sauces will have many shadings."

Someone has said that if the cook can make perfect bread and a perfect sauce, all else will be satisfactory. Nothing is less tempting than a lumpy, poorly-seasoned sauce; and again many dishes, plain in themselves, will prove most appetizing with the "perfect sauce," one suited to that particular dish.

The general sauce rule is two tablespoons of butter and two of flour with one cup of liquid. If a thin sauce is needed, use half that quantity butter and flour. Again, if a very thick sauce is desired, as for soufflé or croquette mixture, the quantity should be doubled.

Melt the butter and stir in the flour, then add gradually the liquid, heated, if a large amount, and time will be saved.

FRENCH HOLLANDAISE SAUCE

½ c. butter
4 yolks
½ c. boiling water
½ tsp. salt
Cayenne
½ tbsp. lemon juice

Work butter till creamy, add yolks slowly, season. Cook over water, and as it thickens, add water and stir till smooth.

SOUBISE SAUCE

2 small onions
2 tbsp. flour
Salt
2 tbsp. butter
1 c. milk
Pepper

Cook onion and prepare purée. Follow sauce rule. Garnish and serve at once.

TOMATO SAUCE

I

2 tbsp. flour
1 tbsp. carrots
1 tbsp. parsley
½ c. stock
2 tbsp. butter
1 tbsp. onion
¼ tsp. salt
½ c. tomato liquor

II

2 c. tomato juice
4 tbsp. flour
¼ tsp. salt
4 tbsp. butter
Speck pepper

Melt butter, add flour, tomato and seasoning. Stir and cook till thick and smooth.

MILK SAUCE

1 c. milk
2 tbsp. butter
2 tbsp. flour
½ tsp salt

Melt butter, blend with flour, add milk, stir till thick and smooth.

KETCHUP SAUCE

2 tbsp. flour
1 c. stock
Seasonings
2 tbsp. butter
2 tbsp. ketchup

BROWN SAUCE

1 tbsp. butter
1 c. water
2 bay leaf
½ tsp. salt
1 tsp. Worcestershire sauce
1 tbsp. flour
1 small onion
1 sprig parsley
1 small carrot
⅛ tsp. pepper

Brown butter, add flour, vegetables, water, simmer fifteen minutes, strain, season and serve.

SPANISH SAUCE

Brown sauce seasoned with clove, carrots, celery and lemon.

SAUCE FIGARO

½ c. butter
2 yolks
Pepper
1 tbsp. lemon juice
¼ tsp. salt.
2 tbsp. tomato purée

Garnish with toast and parsley. Heat over water.

MUSHROOM SAUCE

2 tbsp. butter
2 tbsp. flour
1 c. fish stock, or ½ c. fish stock and ½ c. cream
Mushrooms

Garnish with radishes and parsley.

LEMON BUTTER

3 tbsp. butter
1 tbsp. lemon juice
Parsley if desired
½ tsp. salt
Cayenne

CREAM SAUCE

2 tbsp. butter
1 c. cream
Pepper
2 tbsp. flour
¼ tsp. salt

Garnish with pepper ribbons and parsley.

GOLDEN ROD SAUCE

1 c. milk
2 tbsp. flour
Pepper
Ground parsley
2 tbsp. butter
Salt
2 hard-cooked eggs

MAITRE D'HOTEL BUTTER

¼ c. butter
⅛ tsp. pepper
¾ tbsp. lemon juice
½ tsp. salt
½ tbsp. parsley

Cream the butter and add seasonings. Serve with meats and fish dishes.

SAUCE TARTARE

½ tsp. mustard
1 tsp. powdered sugar
½ tsp. salt
Cayenne
Yolks of 2 eggs
½ c. olive oil
1½ tbsp. vinegar
½ tbsp. capers
½ tbsp. pickles
½ tbsp. olives
½ tbsp. parsley

OR

Chop fine six or eight olives, two tablespoons of capers, one slice mild onion, three or four parsley branches and four or five small gherkins and add to a scant cup of mayonaise dressing.

BECHAMEL SAUCE

1½ c. white stock
Bit bay leaf
6 peppercorns
Slice carrot
Sprig parsley

Cook twenty minutes and strain.

4 tbsp. butter
1 c. milk
4 tbsp. flour
Salt and pepper

Combine by sauce rule.

SAUCE ESPAGNOLE

1½ c. brown stock
1 tbsp. lemon juice
1 tbsp. butter
Salt
⅔ tsp. meat extract
1 tbsp. chopped parsley
1 tbsp. flour
Pepper

HENRIETTE SAUCE

½ c. butter
3 yolks
1 tbsp cold water
½ tbsp. lemon juice
Pepper
¼ tsp. salt
2 tbsp. tomato purée
1 tbsp. Worcestershire sauce
½ tbsp. parsley

Wash butter, divide into three parts. Mix eggs, lemon, water and butter, one piece at a time, over hot water. Add tomato. Season, pour on steak and garnish.

Vegetables

"The census tells us that there is nothing that pays better for the country than the vegetable garden."

Vegetables require careful preparation, and the idea that anyone can boil potatoes is often proven untrue, to our disgust.

Summer vegetables ought to be used when as fresh as possible; but if to be kept, place in a cool ice chest or cellar. Green corn will keep on the shady side of the house, spread on the grass till the next day. Lettuce will keep best if washed and packed in an air-tight tin pail or rolled in a wet cloth and then in a brown paper and placed in the ice-box. The same applies to celery and parsley.

Winter vegetables must be kept in a dry, cold cellar, and while potatoes can be piled in bins, always spread the squashes out.

Use great care in the washing and cleaning of vegetables and always take cold water for this, then cook thoroughly in boiling water, and in almost every case use a teaspoon of salt to each quart of water.

As soon as canned goods are open, all should be removed from the can and given an hour in the open air to re-oxigenate before using, for the best results.

A little soda will not change the flavor and will, in the green vegetables, help to keep the color, and often it is better to cook them uncovered for this same reason.

TIME TABLE IN REFERENCE TO COOKING VEGETABLES

Asparagus	30 minutes
Beans, String	1½ hours
Beans, Shell	1½ to 2 hours
Beets	1 to 1½ hours

Cabbage	40 minutes
Carrots	1 hour
Cauliflower	30 minutes
Corn (after it boils)	8 to 10 minutes
Onions	1 hour
Peas	30 minutes
Potatoes	30 minutes
Potatoes (baked)	50 to 60 minutes
Spinach	30 minutes
Tomatoes	20 minutes
Turnips	45 to 60 minutes

DUCHESS POTATOES

1 pt. potatoes	½ tsp. salt
1 egg	Speck pepper
1½ tbsp. butter	1 tsp. ground parsley

Cut, measure, boil and mash the potatoes, add the yolk (beaten), salt, pepper and butter. Shape into cones, garnish with stiff white, brown and sprinkle on parsley.

POTATO CHATEAU

Pare and boil medium sized potatoes till almost cooked. Drain and roll in crumbs, egg and crumbs, or brush with melted butter and place in hot oven to brown and reheat.

MASHED WHITE POTATOES, THANKSGIVING STYLE

Cook the pared potatoes in boiling, salted water. For the quart of potatoes, season with one-half teaspoon of salt, two tablespoons of butter, one third cup milk, rice, one-half of mixture into dish, with pastry bag put on the rest and brush over with beaten yolk and two tablespoons of milk. Brown in hot oven.

WALDORF POTATOES

Pare, wash and cut round and round in curls as you would pare an apple. Fry in deep fat. Good for garnish for meat or fish dish.

POTATOES A LA GOLDEN ROD

1 c. potato cubes (cooked) 2 eggs (hard-cooked)
1 c. milk sauce Parsley

Cut whites, add with potato to sauce, garnish in hot serving dish with yolks and parsley. Add onion to the sauce.

CREAMED POTATOES

One cup of milk sauce, one and one-half or two cups cold potato dice, white or sweet potatoes.

CHAMBERY POTATOES

Prepare as for chips, dry, arrange in layers in buttered pan, season each layer. Cook in hot oven till soft and brown.

JULIENNE POTATOES

Cut in very thin strips and fry in deep fat. Salt and drain on brown paper.

FRENCH FRIED POTATOES

Potatoes cut in quarters lengthwise. Each quarter cut into three or four pieces lengthwise again. Fry in deep fat.

STUFFED TOMATOES

Cut a slice from each tomato, remove the center, mix with crumbs and seasonings. Fill the tomato cases and bake about fifteen minutes.

TOMATOES, VIRGINIA STYLE

Ripe, medium sized tomatoes, prick several times with a fork and bake in a moderate oven, remove skins, arrange on individual dishes and pour over each cream sauce. Garnish.

CROUTONS OF SPINACH AND EGG

Toast round of bread on one side. On untoasted side spread cooked and chopped spinach which has been seasoned with salt, pepper and butter. Decorate the tops with yolks and whites of hard-cooked eggs. Lemon juice may be added to the spinach if desired.

BAKED SQUASH

Cut squash in pieces, remove seeds and stringy portions, arrange in pan and bake. When almost soft, sprinkle with salt and grated cheese. Serve in shell.

SQUASH SOUFFLE

Steam, mash and season squash. Use two cups of squash, one cup of rich milk, two eggs beaten separately. Bake in slow oven till firm to the touch.

STUFFED PEPPERS

6 green peppers
Pepper
Bread crumbs
Butter
Salt
Onion juice
Chopped meat

Cut a slice from stem end of each pepper, remove seeds. Parboil fifteen minutes. Fill with equal parts of chopped meat (veal or chicken especially good), and softened bread crumbs, season, bake ten minutes. Serve on toast with brown sauce if desired.

FRIED CAULIFLOWER

Clean and separate a cauliflower into flowerets, let cook five minutes, change water and cook till tender, drain, roll in crumbs, eggs and crumbs. Fry in deep fat.

GLAZED CARROTS WITH PEAS

Cut four carrots in one-fourth inch slices, parboil ten minutes. Place after drained in saucepan with one-third cup butter and one-third cup sugar and either chopped mint or parsley. Cook slowly until glazed and tender. Serve around seasoned peas if desired.

STUFFED ONIONS

Peal Spanish onions. Let cook one hour. Cool a little, cut out a piece two inches around the root end. Chop one cup of nut meats, mix with one cup crumbs, one-quarter cup of butter, one-half teaspoon salt, one egg, one teaspoon parsley, and fill the onions. Bake forty minutes, basting occasionally with one cup liquid from the pan.

Eggs

"Fancy work in the kitchen pays better dividends than fancy work in the parlor."—*Keen.*

A typical or perfect food is one that contains all the elements, in the right proportion, needed to nourish and support the human body. Of these foods we find only two: milk and eggs. Because of their concentrated nutritive value, they are, at even a high price, an economical food product and one to be used to advantage in innumerable combinations.

The albumen, or white of the egg, is more digestible when cooked at a temperature below the boiling point, therefore the hard-cooked egg rather than the hard-boiled egg is recommended.

OMELET

1 egg
1 tbsp. milk
½ tbsp. butter
⅛ tsp. salt
Speck of pepper

To beaten yolk add seasoning and milk. Cut into stiff whites. Cook in one-egg omelet pan till firm. Place in oven to set the top. Fold and serve at once.

VARIATIONS

White Mountain, Ham, Jelly, Cheese, Oyster, Tomato and Mushroom Omelets. Always increase the number of eggs and size of pan in proportion.

BREAD OMELET

3 eggs
Pepper
1 tbsp. butter
¼ tsp. salt
½ c. bread crumbs
½ c. milk

Mix and cook as foamy omelet.

OMELET SOUBISE

1½ tbsp. butter
1 finely chopped onion

Cook together. Add

2 tbsp. flour
1 c. milk
1 yolk
1 white, stiffly beaten

Make a French or foamy omelet and serve, covered with this sauce and sprinkled with cheese.

PINEAPPLE OMELET

2 tbsp. butter
2 tbsp. flour
¼ tsp. salt
1 c. grated pineapple
¼ c. sugar
1 tsp. lemon juice
5 eggs

Add ingredients to beaten yolks. Combine with stiff whites. Cook and fold, serving at once with confectioner's sugar and pineapple garnish.

FRUIT OMELET

4 yolks
Grated rind of one lemon
1 tbsp. sugar
4 stiff whites

Cook as foamy omelet and when ready to fold, add a layer of crushed and sweetened fruit. Serve with caramel sauce.

EGGS IN NEST

1 egg for each person
Pepper
Salt
Parsley

Beat the whites till stiff. Pile in buttered cup or timbale mould. In a hollow on the top place the unbeaten yolk and season. Place in a hot oven till the white is brown and the yolk is set.

DEERFOOT SHIRRED EGGS

Cut six sausages in half inch pieces and fry six or eight minutes. Add one cup of tomato sauce and one teaspoonful of parsley. Place mixture in six small dishes; crack one or two eggs into each and bake till set.

PLANKED EGGS

1 c. bread crumbs
1 c. chopped ham

Moisten and season, spread on plank. Make border and nests of potatoes; in each nest, drop a buttered or poached egg, cover with crumbs. Brown all, brush over with butter or egg and garnish.

SPANISH EGGS

3 eggs
¼ c. milk
¼ tsp. salt
1 tsp. butter
1½ pt. potatoes, cut in small pieces

Cook and mash potatoes. Beat eggs, add milk and seasonings and scramble. Put on bed of potato on platter. Garnish with parsley.

BAKED EGGS

One egg allowed for each person. Seasonings, salt, pepper and butter. Carefully butter plates. Pile stiff whites on them. In hollows in the whites place the yolks, unbeaten. Dust with salt and pepper. Bake till yolk is set and white is delicately browned. Garnish.

GOLDEN ROD EGGS

1 c. milk
2 tbsp. flour
2 tbsp. butter
¼ tsp. salt
Speck pepper
2 hard-cooked eggs

To cream sauce add the whites of eggs, cut in small pieces. Spread on toast, garnish with yolks pressed through a bowl sieve and serve with parsley.

STUFFED EGGS

Remove shells from hard-cooked eggs and cut either crosswise or lengthwise. Remove yolks and mash with a silver fork, and add butter, salad dressing and seasonings. Stir till smooth and refill the whites. Serve cold for lunch or picnic, or with a hot cream sauce.

SCOTCH EGGS

1 c. cooked and chopped ham
½ tsp. mustard
½ c. stale bread crumbs
⅓ c. milk
1 egg
6 hard-cooked eggs

Cook all except eggs till smooth, and remove shells from eggs and cover with the mixture when a little cool. Fry in deep fat as croquettes. Serve cold or hot for luncheon dish or picnic dish.

SCRAMBLED EGGS WITH ASPARAGUS

5 eggs
½ c. milk
2 tbsp. butter
½ tsp. salt
⅛ tsp. pepper

Scramble the eggs. Add half cup asparagus previously heated and cut in short pieces. Serve in Swedish cases.

CREAMED EGGS

2 eggs
1⅓ tbsp. butter
¼ tsp. salt
⅔ c. milk
1⅓ tbsp. flour
Speck pepper

Make a cream sauce of all ingredients except the eggs. Add beaten yolks to the sauce. Cook in double boiler till smooth and thick; add stiff whites. Cook till creamy. Serve on toast or crackers if desired.

White Mountain Omelet.

4 eggs
1 tsp salt
½ c. cooked ham
¼ c. milk
⅛ tsp. pepper

Beat eggs separately. Ham added chopped and part of stiff white reserved for centre before folding. serve with golden rod sauce if desired

Entrees

" It is not so much the rate of speed in movement as the ability to make each motion tell."

The Entrée is served as a side dish at a dinner or between the regular courses. Many housekeepers think an entrée takes expensive material and a good deal of time for the food value to be received in return. If, as in all our work, we cultivate the ability to make each motion tell, we will find a storehouse in the entrée dishes—not only practical for the course dinner, but luncheon and supper suggestions innumerable.

Meat, fish, eggs, vegetables and fruit form the foundation of many of the recipes; and these are one of the secrets of the French cook in the dainty use of the so-called "left-over."

CHICKEN TIMBALES

½ c. chicken stock or water
2 c. bread crumbs

Cook four or five minutes.

1 pt. cold, cooked and chopped chicken
2 eggs
Pepper
½ tsp. salt

Cook in timbale cups in pan of hot water about twenty minutes or till firm

EGG TIMBALES

4 eggs
1 c. milk
½ tsp. salt
¼ tsp. pepper
Onion juice
Tomato or mushroom sauce

Beat eggs; add milk and seasonings. Strain into small moulds and bake in pan of hot water till firm. Turn out and serve with sauce.

TIMBALES OF PEAS Oct 11, 1913

1 can peas
2 tbsp. flour
2 eggs
Speck of pepper
½ tsp. sugar if desired
2 tbsp. butter
Milk to make one pint
½ tsp. salt
Onion juice

Rub peas through strainer; add beaten eggs (yolks) and milk enough to make one pint. Blend butter and flour; add all seasonings and beaten whites. Bake in buttered moulds in (pan of hot water till firm) Serve with a sauce.

not necessary if you have anything else in oven

CORN TIMBALES

1 c. corn, as dry as possible
Onion juice
¼ c. milk
2 eggs
2 tbsp. butter
Salt and pepper

Melt butter and eggs, beaten separately and combine all. Bake in small cups; set in a pan of hot water.

SALMON TIMBALES

½ c. soft bread crumbs
⅔ c. milk
⅓ tsp. salt
Cayenne
1 c. salmon
Whites of 3 or 4 eggs

Soak crumbs fifteen minutes, cook to paste over water, season; add eggs, mould, cover and bake.

CODFISH PUFF

½ c. codfish, solidly packed
1 c. potato cubes

Cook both in water till the potatoes are soft. Drain, mash, add one tablespoon butter, dash pepper, two eggs, added separately. Cook as omelet using pork in omelet pan.

RING TIMBALES

Twelve sticks macaroni. Creamed fish, meat or cheese dish. Cook macaroni. Cut and place rings on buttered tin and chill. Fill with mixture, cover with rings and bake about twenty minutes. Serve with sauce if desired.

IMPERIAL TIMBALES

1 c. cooked fish
3 yolks
2 tbsp. butter
2 tbsp. flour
¾ c. milk
1 tsp. salt
Cayenne
1 tbsp. lemon juice
1 tsp. parsley
3 egg whites

Mix by sauce rule. Boil with fish two minutes. Cool a little, add eggs. Bake; serve with sauce.

WASHINGTON FRITTERS

1 c. flour
1½ tsp. baking powder
3 tbsp. confectioner's sugar
¼ tsp. salt
⅓ c. milk
1 egg

Mix batter; add maraschino cherries. Fry in deep fat; serve with maraschino sauce.

SAUCE

⅔ c. boiling water
⅓ c. sugar
2 tbsp. cornstarch
¼ c. cherries
½ c. maraschino syrup
½ tbsp. butter

Boil sugar, cornstarch and water for five minutes. Add other ingredients

SALMON CROQUETTES

1 can salmon (small)
3 c. mashed potatoes
¼ tsp. pepper
½ tsp. salt
Crumbs
1 tsp. parsley
1 tbsp. butter
1 egg (or yolk)

Season, shape, roll in crumbs, egg and crumbs. Fry in deep fat.

MEAT CROQUETTES

1¾ c. chopped meat
Parsley
Cayenne
Onion juice
½ tsp. salt
¾ to 1 cup thick sauce.

Mix, cool, shape, crumb and fry.

FISH CROQUETTES

1 c. codfish
1 tbsp. butter
1 tsp. parsley
Crumbs
2 c. potatoes
1 egg (or yolk)
¼ tsp. pepper

Boil fish and potato till the potato is soft. Drain, mash, season and beat it. Shape, roll in crumbs and egg and crumbs. Fry in deep fat.

APPLE FRITTERS

1 c. flour
3 tbsp. confectioner's sugar
⅓ c. milk
2 apples
1½ tsp. baking powder
¼ tsp. salt
1 egg

Mix, fry, drain, sprinkle with sugar.

PEACH FRITTERS

1 c. flour
½ c. milk
1 egg
1 tsp. sugar
1 tsp. baking powder
¼ tsp. salt
4 peaches

Mix the batter, add the peach; fry in deep fat. Thicken the syrup for a sauce.

PINEAPPLE FRITTERS

Half cup of milk, scald, add two tablespoons sugar, yeast cake, three-quarters cup of flour. Cover and let rise. Add two tablespoons butter, one-eight teaspoon salt, one egg and flour to knead. Again let rise. Roll to quarter inch thickness, shape with pineapple, fry and serve with powdered sugar and pineapple syrup, thickened with arrowroot.

CHESTNUTS EN CASSEROLE

Shell three cups of French chestnuts, put in casserole with three cups of highly seasoned stock or sauce, cover and cook slowly three hours. Thicken stock if necessary.

OYSTER AND SHRIMP NEWBURGH

1 pt. oysters
¼ c. butter
1 c. rich milk
Salt
Cayenne
1 can shrimps
1½ tbsp. flour
2 yolks
Paprika
Parsley

Serve from chafing dish in pattie shells.

CROUSTADES

Slices of bread one and one-half or two inches thick, shape, scoop out centers, brush over with butter, brown in oven. Fill with shrimp wiggle.

SHRIMP WIGGLE

1 c. milk sauce
Parsley or peas for garnish
Small can shrimp

Cut shrimp, add to sauce; serve on crackers.

VARIATIONS

Cream toast, cracker toast, creamed potatoes, oysters, salmon, codfish or chicken.

FILLETS IN RAMEKINS

1 c. soubise sauce
Salt
Stiff white
Fillets of fish
¼ c. grated cheese
Pepper
Lemon juice

Prepare and season sauce, put in ramekin dishes with fillet in each. Cover with crumbs if desired and bake. Serve from dishes.

FISH TURBANS IN BATTER

Season fillets with onion, lemon, salt, pepper, and let stand one hour. Add hard-cooked yolks rubbed through sieve, two tablespoons of cheese and roll each fillet. Fasten, dip in batter and fry five or six minutes in deep fat. Serve with mashed potatoes and with egg sauce.

CODFISH SOUFFLE

1 c. shredded codfish
2½ c. potatoes in small pieces

Cook till tender then mash.

3 tbsp. melted butter
Onion
Parsley
4 tbsp flour
½ c. water
½ c. milk
Salt
Pepper
1 tsp. Worcestershire sauce

Combine all and bake until firm to the touch.

FILLET A LA SOUFFLE

8 fillets of fish
1 small carrot
1 bay leaf
1½ oz. butter
1 c. milk
2 oz. grated cheese
½ c. flour
3 eggs
Salt
Pepper

Cook bones in milk with carrot and bay leaf. Roll fillets, season, moisten with water and place in oven ten minutes. Strain milk, add butter and flour, cheese, then yolks and lastly whites of eggs. Butter baking dish, put in some of mixture, then the fish, and more souffle mixture. Bake fifteen minutes.

POTATO PUFF

2 c. mashed potatoes
½ c. milk
2 yolks
2 tbsp. butter
Salt
Pepper
2 whites

Beat well, pile on baking dish. Bake till puff and brown.

DELMONICO POTATOES

1 pt. boiled potatoes in cubes
½ c. grated cheese
2½ tbsp butter.
2½ tbsp. flour
Crumbs
Seasonings
1¼ c. milk

Arrange creamed potatoes and cheese in layers, cover with crumbs and bake.

TIMBALE CASES

¾ c. flour
1 tsp. sugar
1 egg
½ tsp. salt
½ c. milk
1 tbsp. butter

Mix, dip in iron and fry in deep fat.

SUGGESTIONS FOR FILLING

Creamed meats, fish, oysters, mushrooms, frizzled beef, eggs, peas, asparagus, or cauliflower.

SWEET FILLINGS

Strawberries, raspberries, peaches or oranges with sugar; jelly in cubes with whipped cream.

PRESSED BEANS AND SAUSAGE

1 pt. beans
½ lb sausages

Soak, parboil and bake the beans with ordinary seasoning. Mould with the cooked, chopped sausages and press under weight. Turn out and slice, serving with beets, celery or tomatoes.

SHEPHERD'S PIE

1 c. chopped meat
Seasonings
2 c. mashed potatoes
White of 1 egg

Warm the meat in a French pan with seasonings and water enough to moisten. Place in baking dish and cover with the potatoes. Brush on the beaten white, and brown in a hot oven.

RAMEKINS A LA STUYVESANT

1 c. cooked halibut
4 tbsp. flour
3 yolks
Salt
3 tbsp. butter
1 c. milk
3 whites
Pepper

Follow sauce rule. Bake till firm. Serve with white sauce.

RECHAUFFE OF SALMON

1 c. drawn butter sauce
1 egg
1 c. spaghetti or macaroni
1 tbsp. capers or pickles
1 c. cold salmon or 1 can salmon

Combine all and serve on toast.

CREAMED MACARONI AU GRATIN

Break one cup macaroni and cook in boiling water, put into baking dish with one-half cup milk sauce and sprinkle with grated cheese and cover with cracker crumbs, seasoned and buttered some. Brown in oven.

TOMATO CREAM TOAST

3 tbsp. butter
½ tsp. salt
¼ tsp. soda
Toast or crackers
4 tbsp flour
1½ c. tomato liquor and water
½ c. milk

CREAMED HAM AND EGGS

¾ c. milk
1½ tbsp butter
Celery seasoning
Slice onion
1½ tbsp. flour
¾ c. chopped ham

Spread on toast circles, buttered, and finish by placing poached or scrambled eggs above the mixture.

SOUFFLE OF COLD MEAT

4 tbsp. butter
2 c. milk
⅛ tsp. pepper
2 c. chopped ham or lamb
4 tbsp. flour
¼ tsp. salt
Grated nutmeg
3 eggs

Bake till firm and brown. Serve with sauce if desired.

DELMONICO MACARONI

Boil macaroni in salted water, arrange layers of macaroni, creamed potatoes and cheese in buttered baking dish. Use for the top a layer of seasoned cracker crumbs and bake in a hot oven.

CREAMED CHICKEN IN CROUSTADES

2 tbsp. flour
1 c. milk
Seasoning
2 tbsp. butter
1 c. chicken

Cut six oval croustades of bread and brush with melted butter and brown. Fill with asparagus and creamed chicken.

PARCHED RICE

¾ c. rice
1 tbsp. salt
2 qt. boiling water
2 tbsp. butter

Boil rice, drain and cool it, than sauté it, stirring with a fork. Serve with one-half cup of grated cheese and tomato sauce.

CHEESE RAMEKIN

1 c. bread crumbs
4 tbsp. grated cheese
Speck of pepper
2 eggs
½ c. milk
½ tbsp. butter
½ tsp. salt

Cook crumbs and milk till smooth, add yolks and other ingredients, lastly stiff whites. Bake in pudding dish or individual ramekins for fifteen to twenty minutes.

KIDGEREE

¾ c. cooked salmon
2 eggs
¼ pepper
3 tbsp. butter
2 c. cooked rice
½ c. uncooked rice
½ tsp. salt
Chopped parsley

Put the butter in a saucepan, add the rice, fish and then eggs, beaten separately and serve with a milk sauce.

HAM MOUSSE

1 pt. chopped ham
1 tbsp. Knox gelatine
1 c. stock or thin brown sauce
3 stiff whites

Season as needed. Put in mould and chill. Serve with salad dressing and garnish.

MACARONI RAREBIT

½ lb. cheese
1 egg or 2 small ones
1 tsp salt
½ c. milk
1 c. cooked macaroni
1 tbsp. butter
1 tsp. mustard
Pepper
1 tbsp. Worcestershire sauce

Cook over water. Serve on crackers or toast.

WELSH RAREBIT

½ lb. cheese
1 tbsp. butter
1 tsp. mustard
½ c. milk
2 eggs
1 tsp. salt
⅛ tsp. pepper

Melt cheese and butter in a double boiler, mix salt, pepper and mustard, add to beaten egg and milk, stir this into the cheese gradually. When smooth and thick, serve on crackers or toast.

ASPIC JELLY

2 tbsp. carrots
2 sprigs parsley
1 bay leaf
1 box Knox gelatine
3 whites (eggs)
2 tsp. onion
2 cloves
Juice 1 lemon
5 c. stock
Seasonings

Put vegetable in saucepan and one cup of stock. Cook five to ten minutes, strain. Add gelatine, lemon, seasonings and stock. Beat eggs slightly, dilute with one cup of hot mixture. Add slowly to rest, stir till boiling point is reached. Place on back of range for thirty minutes. Strain.

This jelly can be used as the foundation for many jelly salads, for moulded meats or fish in which the cooked meat or fish is added to the jelly as it hardens—a layer of jelly, then of meat, thinly sliced or in large quantity. It is attractive on the table, taken from the mould in perfect shape and sliced, cutting through the jelly and the meat or fish, as the case may be.

BEAN RAREBIT

½ c. bean purée (baked beans)
½ c. milk — 1 tbsp. butter
¾ c. cheese (not solidly packed)
1 or 2 eggs — ½ tsp. salt

Add pepper and tomato catsup to season if desired. Serve on toast.

CHEESE TOAST WITH BACON

Brown bread toast, on which serve following:

3 tbsp. butter — 1½ tbsp. flour
Salt — Pepper
1 c. milk — ½ c. cheese

Garnish with strips of bacon.

CHEESE SOUFFLE

3 tbsp. butter — 3 tbsp. flour
½ c. milk — ½ tsp salt
Pepper — ½ c. cheese
3 yolks — 3 whites

Follow sauce rule and bake twenty minutes.

ESCALLOPED OYSTERS

Toast to a crisp two slices of white bread. Break in pieces, and place in a deep dish. Add three-fourths cup of cracker crumbs, one-half cup melted butter, one and one-half teaspoon salt, one even teaspoon Bell's seasoning, half cup hot water and mix thoroughly. Place in bottom of shallow buttered baking dish a thin layer of bread crumbs, then a layer consisting of one- half pint of oysters, two tablespoons oyster liquor, and two tablespoons milk or cream. Cover with the dressing compounded as above. Add another half pint of oysters, two tablespoons oyster liquor, three tablespoons cream or milk, evenly distributed. Sprinkle with browned buttered cracker crumbs. Bake thirty minutes.

Salads

"To make it one must have a spark of genius."

The dainty appearance of the salad together with its refreshing and stimulating qualities has made it popular regardless of the fact that it contains little nutritive value in many instances.

Meat, fish, vegetables or fruits are used with a green and a dressing. Lettuce, watercress, romaine, endive and chicory are now used and are obtainable at all seasons in the large markets.

MAYONNAISE DRESSING

1 tsp. mustard
¼ tsp. salt
2 yolks
2 tbsp. vinegar
2 tsp. sugar
Cayenne
1 c. oil
2 tbsp. lemon juice

Mix first four ingredients, add yolks, add oil till half used, then alternate with last two ingredients.

CREAM DRESSING

1 tsp. mustard
1 tsp. salt
2 tsp. flour
1½ tsp. confectioner's sugar
½ c. thick cream
Cayenne
1 tsp. butter
Yolk of 1 egg
⅓ c. hot vinegar

Mix dry ingredients, add butter, egg and vinegar. Cook over water, cool, add cream.

FRENCH DRESSING

4 tbsp. olive oil
¼ tsp. pepper
2 tbsp. vinegar
½ tsp. salt

Blend carefully.

ITALIAN SALAD

1 c. cold roast veal
¼ c beet cubes
Lettuce and garnish
1 c. boil potato cubes
1 lemon

Mix salad, serve with mayonnaise.

SUGGESTIONS FOR GARNISH

Cold sausages, olives, lemon or capers.

BERKSHIRE SALAD

Make salad baskets of cheese crackers tied with crimson ribbon and in each place a pimento and cold boiled potato cubes and season with French dressing. Onion juice can be added.

JELLIED TOMATO SALAD

¼ box Knox Gelatine
¼ c. hot stock
Lettuce
¼ c. cold water
1 c. tomato liquor
Seasonings

Garnish, mould, serve on lettuce with dressing.

GERMAN TOMATO SALAD

Peel and chill six tomatoes. Cut in eighths, not severing sections, open like petals of a flower on lettuce leaf. In center place one teaspoon of onion (peach is good). Serve with French dressing to which has been added chopped parsley.

SARDINE SALAD

1 can sardines
Greens
Radishes
4 hard-cooked eggs
Dressing
Pickles or peppers

Mix, garnish and arrange in salad bowl.

THORNDIKE SALAD

Canned peaches
Chopped nuts
Lettuce
Cherries
French dressing

RUSSIAN SALAD

½ c. green peas
3 potatoes
½ c. mixed vegetables (carrot, turnip and beans)
2 pickles
2 c. cauliflower
2 tomatoes
Mayonaise
Lettuce
Aspic jelly

HUNGARIAN SALAD

Shredded pineapple
Tangarines
Salad bed
Bananas
French dressing

LUNCHEON SALAD

1 c. fowl
1 c French chestnuts
Lettuce
1 c. celery
¼ red pepper

POTATO SALAD IN CASES

Spanish sweet peppers
Potato cubes
Parsley dressing
Celery
Pepper trimmings

EGG SALAD

Arrange hard-cooked eggs mixed with cream dressing on lettuce leaves or other salad green. May cut eggs, grate yolks, or make à la Pond-lily. Garnish.

BANANA AND NUT SALAD

4 bananas
Lettuce bed
½ c. walnut meats (chopped)
Garnish

CHICKEN JELLY SALAD

3 pt. stock
1 box Knox gelatine
Garnishes
Whites of 2 eggs
Chicken

Season stock, clear, mould with chicken, garnish. Serve with mayonnaise if desired.

GRAPE FRUIT SALAD

1 grape fruit
Lettuce or greens
Mayonnaise
¼ c. nuts
Fruit cups

CHIFFONADE SALAD

Equal parts of celery, grape fruit, nuts, and serve on lettuce leaves with French dressing. Red pepper cases or cracker cases are appropriate and some orange is an addition.

CROUTON SALAD

Toast rounds of bread ,place on each a lettuce leaf and arrange an individual salad; chestnut, grape or oyster suggested.

GERMAN APPLE CUPS

Core and pare apples, leaving a section of skin near one end. Mix celery, mayonnaise and nuts if desired to fill cavities. Serve on lettuce leaves. Rub over with lemon if not served at at once to prevent discoloration.

KNICKERBOCKER SALAD

Pineapple, bananas, and cherries in combination with a green bed and mayonnaise dressing.

Breads

"Back of the loaf is the snowy flour,
And back of the flour, the mill;
And back of the mill is the wheat and the shower,
And the sun and the Father's will."
—*Babcock.*

In all cookery there is nothing containing more simple ingredients and at the same time nothing in which there is more complicated chemical changes than bread, "the staff of life." Yeast is a form of plant life, the most simple, and yet it must be given soil, moisture, heat and time, and it will then grow. Bread flour (the spring wheat) gives best results with yeast, and the pastry flour (or winter wheat) should be used, generally speaking, when yeast is not called for in the recipe. Milk or water can be used for the moisture and equal parts give satisfaction. A milk bread is a little richer, but will dry sooner than a water bread and it is also a little slower to rise. Salt and sugar as well as some fat or shortening are always added. It must be remembered the yeast will be killed at 212 deg. Fahr., and all liquids ought to be only lukewarm, thus purified and still in good condition to receive the yeast and help the action of the yeast plant. Mix all the dry ingredients and add the liquids, or reverse the order, and to the liquids add the dry ingredients with equally good results. Bread should be thoroughly mixed at first to distribute the yeast throughout the dough, and after it has doubled its bulk, a careful kneading is recommended to evenly distribute the carbon dioxide and break the bubbles. Always cover the dough to avoid having a crust form and also avoid drafts, but keep it in an even temperature, about 75 deg. Fahr. For a batter, one should use equal parts of flour and liquid; for a muffin mixture, allow two

parts of flour to one of liquid; for a bread dough. it is three parts of flour to one of liquid, while a stiff dough, for example, cookies or doughnuts, takes four parts of flour to one of the liquid. After the kneading and shaping, the dough must a second time be given opportunity to double its bulk and then be baked.

Often a sponge is made, especially in recipes for the fancy breads it is called for and then part of the flour is added, and after the "sponge" has had a chance to rise, the rest is added and in this way a third opportunity is given the dough to rise and a fine grain bread results.

Bread in itself is not a "perfect" or typical food, as it lacks the fats, and thence the use of butter in serving, and bread and butter is almost a "perfect" food.

WHITE WHEAT BREAD

Put two tablespoons of lard or butter, two tablespoons of sugar and two teaspoons of salt into a bowl. and pour over one cup of scalded milk and one cup of boiling water. When lukewarm add one-fourth yeast cake dissolved in one fourth cup lukewarm water and four cups flour. Mix thoroughly and add two cups of flour, knead until smooth. Let rise until mixture has doubled its bulk, knead again, shape into loaves, let rise in pans and bake about forty-five minutes in moderate oven.

HOT CROSS BUNS

Scald one cup milk, when lukewarm add one tablespoon of sugar and one yeast cake broken in pieces. Let stand twenty minutes, then add one cup of flour and two-thirds teaspoon of salt, cover and let rise. Cream one-fourth cup butter mixed with one tablespoon of lard, add one-fourth cup of sugar and the grated rind of half a lemon. Stir this mixture into sponge and add sufficient flour to make a stiff batter; again let rise, then add one half cup of raisins or currants, and flour to make a soft dough. Let rise, shape, rise again, brush over with egg, bake. Frosting for a cross on each.

ENTIRE WHEAT BREAD

2 c. scalded milk
¼ c. sugar
½ yeast cake
4⅔ or 5 c. entire wheat flour
1 tsp. salt
⅓ c. molasses
¼ c. lukewarm water
White flour to make dough

Make as white bread.

RYE BREAD

1 c. milk
1½ tsp. salt
1 tbsp. butter
⅓ c. brown sugar
¼ c. lukewarm water
1 c. water
1 tbsp. lard
3 c. white flour
½ yeast cake
Rye flour

Make as other breads.

COFFEE CAKES

2 c. milk
3½ c. flour
1½ yeast cake

Mix and let rise for one and one-half hours. Add

½ c. butter
½ c. sugar
1 tsp. salt
Flour to knead
½ c. lard
1 egg (unheated)
½ tsp. cinnamon

Let rise six hours. Keep in ice box to chill. Roll, fold, cut, shape, let rise and bake.

KAISER SEMMELN

1 yeast cake
¾ c flour
¼ c. water

Knead, cut and place in two cups of lukewarm water, let rise till a sponge. One teaspoon salt, six or seven cups flour, add and knead, let it double its bulk. Divide into twelve or fourteen pieces, shape into balls, cut and brush over with butter. Bake twenty minutes, brush over with beaten white, finish baking.

BROWN BREAD

1 c. flour
1 c graham
1½ c water
1 tsp. salt
1 c. Indian meal
1 c. molasses
1½ tsp. soda
½ c. raisins

Mix thoroughly, steam three and one-half or four hours, or bake two hours.

GERMAN ROLLS

1 pt. scalded milk
1 yeast cake
½ c. lukewarm water
3 eggs
½ c. butter
1 c. currants
½ c. sugar
1 tsp. salt
Flour to knead
3 tbsp. sugar
2 tbsp. cinnamon

Make a sponge and, when light, add remaining ingredients except cinnamon and fruit. Roll out when ready for shaping, add fruit, roll and cut. Let rise and bake.

HOLLAND BRIOCHE

Make a sponge of one cup of scalded milk, one-third cup sugar, one and one-half cup flour and one-third yeast cake. When full of bubbles, add two eggs, one-third cup melted butter, one-quarter teaspoonful of salt, grated rind, one-half lemon, and one and one-half cups of flour. Mix thoroughly and let rise until mixture has doubled its bulk Cut down, half fill buttered muffin tins, let rise in pans, and bake twenty-five minutes in moderate oven.

NUT BREAD

½ c. milk
¾ yeast cake dissolved
1 c. nut meats (walnuts and pecans)
2 tsp. salt
½ c water
½ tbsp. butter
2 tbsp. molasses
½ c. white flour
Entire wheat flour to stiffen

Mix in white bread order, add nuts, rise and bake as white bread.

SWEDISH BREAD

2½ c. scalded milk
1 yeast cake
6½ c. flour
½ c. melted butter
⅔ c. sugar
1 egg
¼ tsp. salt
Vanilla

Mix half cup of milk, yeast and half cup of flour. When light, add two cups of milk and four and one-half cups of flour. Let it rise, add the remaining ingredients, knead; let it rise. Shape as braided loaf.

BRIOCHE PASTE

1 c. milk
⅔ c. butter
3 yolks or ½ milk
½ tsp. lemon extract
2 yeast cakes
3 whole eggs
½ c. sugar
4⅔ c. flour

Scald milk; beat thoroughly, let rise; keep in ice-box over night. In morning, shape, let rise and bake.

SUGGESTIVE USES

Brioche, sultana rolls, tea rings, braided loaf.

ENTIRE WHEAT GEMS

1 c. entire wheat
½ tsp. salt
2 tsp. baking powder
1¼ c. milk
1 c. flour
2 tbsp. sugar
1 egg
2 tbsp. butter
2 tbsp. molasses instead of sugar if desired

Bake twenty-five or thirty minutes.

POP-OVERS

1 c. flour
1 c. milk
¼ tsp. salt
1 egg

To beaten egg and milk, add flour; thoroughly mix, using egg beater. Put into hot, buttered pans. Bake in moderate oven thirty or forty-five minutes.

GLAZED CURRANT BUNS

1 yeast cake
½ c. scalded milk

Dissolve

1 pt. scalded milk
3 c. flour

Add and let rise

½ c. sugar
½ c. butter
1 tsp. salt
3 eggs
1 c. currants
About 3 cups flour

Add above, knead and let rise. Roll out, cut into rounds, set a little distance apart, let rise and bake. Brush over when almost baked with one cup boiling water and one teaspoon cornstarch, sprinkle with sugar. Repeat to thoroughly glaze.

FRENCH ROLLS

1 c. milk
2 tbsp. sugar
1 yeast cake
¼ c. lukewarm water
1 egg
1 yolk
Flour
4 tbsp. butter
1 tsp. salt

Scald milk, add yeast and one and one-half cup of flour. Let rise; add other ingredients and more flour. Knead, let rise and follow rules for shaping.

GRAHAM POP-OVERS

⅔ c. graham flour
1⅓ c. white flour
½ tsp. salt
2 c. milk
2 eggs

Makes twenty pop-overs.

TWIN MOUNTAIN MUFFINS

¼ c. butter
¼ c. sugar
1 egg
¾ c. milk
2 c. flour
3 tsp. baking powder

Cream butter, add sugar, egg, milk and dry ingredients. Bake in buttered tins twenty-five or thirty minutes.

BERKSHIRE MUFFINS

½ c. corn meal
½ c. flour
½ c. cooked rice
2 tbsp. sugar
3 tsp. baking powder
½ tsp. salt
⅔ c scalded milk
1 egg
1 tbsp. melted butter

Turn milk on meal (scant measure of milk), let stand five minutes, add rice and flour, yolk, butter, and stiff white of egg.

TEA RUSKS

1½ c. flour
1 egg
1 tsp. butter
¼ c. sugar
½ c. milk
1½ tsp. baking powder

To egg and milk add melted butter and dry ingredients, Makes nine muffins.

GRAHAM GEMS

1 c. graham
1 c. milk
2 tsp. baking powder
½ c. sugar or sour milk and 1 tsp. soda
1 c white flour
1 tbsp. butter
½ tsp. salt

GRAHAM MUFFINS

2 c. Reliable graham
1 tbsp. sugar
1 egg
1½ c. milk
1 tbsp. melted butter

Put the graham into a dish; add sugar; break in the eggs and mix to a medium batter. Lastly, add the melted butter. Bake in small muffin cups.

RYE MUFFINS

Sift together one cup rye flour, one cup bread flour, one-half teaspoon salt and four teaspoons baking powder. Add two eggs, one cup of milk, two tablespoons molasses; mix and beat thoroughly. Bake in gem pans twenty-five minutes in a hot oven.

OATMEAL MUFFINS

1 c. scalded milk
¼ c. molasses
½ yeast cake
2 to 3 c. flour
1 c. cold cooked oatmeal
½ tsp. salt
¼ c water

Mix, beat, let rise. Beat and fill buttered tins half full, let rise and bake in moderate oven.

BAKING POWDER BISCUITS

3 c. bread flour
¾ tsp. salt
2 tbsp. melted butter
3 tsp. baking powder
1½ c. milk or water in part

Mix and sift dry ingredients, add butter and milk. Bake in muffin tins.

PIN WHEEL BISCUITS

2 c. flour
½ tsp. salt
2 tbsp. butter
⅓ c. raisins
⅓ tsp. cinnamon
3 tsp. baking powder
2 tbsp. sugar
⅔ c. milk
2 tbsp. citron

Mix as above, roll one-fourth inch thick, brush with melted butter, sprinkle with fruit and cinnamon and more sugar if desired. Roll like jelly roll, cut off pieces three-fourth inches thick. Place in hot oven fifteen minutes

SOUTHERN SPOON BREAD

Scald one pint of milk and pour over one cup of corn meal, add one-half cup cooked rice. Cool, add two tablespoons butter, half teaspoon salt. 2 teaspoons baking powder, two eggs (beaten separately). Bake in buttered dish till brown.

CORN MEAL CRISPS

Seven-eights cup of corn meal, add slowly one cup of boiling water; when smooth, and two and one-half tablespoons melted butter and one-half teaspoon salt. Spread on buttered inverted pan and bake.

PRUNE LOAF

½ lb. prunes
3 tsp. baking powder
½ tsp. salt
½ c. sugar
3 c flour
2 tbsp. butter
Water or milk

Soak and stone prunes. cut into small pieces and add sugar. Mix biscuit dough, roll thin, spread on prune mixture and roll up. Bake as loaf or rolls, with or without sauce.

SURPRISE ROLLS

2 c. bread flour
¼ tsp. salt
2 tbsp. butter
2 tsp. baking powder
⅔ c. milk
½ c. chopped meat

Sift dry ingredients, work in the butter, add the milk. Roll out and cut and fold in the chopped meat. Bake in a quick oven.

"RELIABLE" CORN CAKES

3 c. Reliable corn-cake
⅓ c. sugar
1 egg
1½ c. milk
2 tbsp. melted butter

Put the corn-cake flour into a bowl, add the sugar, egg without beating, mix to a medium batter with the milk; lastly, stir in the melted butter. Bake in moderate oven.

FRIED BREADS

Fry in deep fat, bread, when it is ready for shaping. serve hot with maple syrup.

RICE GRIDDLE CAKES

2 c. hot boiled rice
2 c flour
4 tsp. baking powder
½ tsp. salt
2 c. milk
2 eggs

Add milk to hot rice, let cool, add yolks and flour, and whites stiffly beaten.

JOLLY BOYS

2 c. rye
½ tsp. salt
1 tsp. cassia
2 eggs
½ c. Indian meal
2 tbsp. molasses
1 c. flour
3 tsp. baking powder

Cold water to make a thick batter. Fry, serve with maple or sugar syrup.

RICE WAFFLES

2 c. flour
1 tbsp. butter
2 eggs
¾ c. boiled rice
1¾ c. milk
½ tsp. salt
2 tsp. baking powder

Rub butter into flour, add salt and mix thoroughly, separate eggs, add yolks to milk, and this to flour, beat five minutes. Put baking powder in center of batter, beat and add stiffly beaten whites and rice.

ZWIEBACK

1 c. scalded milk
½ c. butter
1 yeast cake
½ c. lukewarm water
1 c. water
½ c. sugar
3 eggs
Flour

Make as bread and when baked in long narrow loaves and almost cold, cut into slices half inch thick, brown and dry in a slow oven.

FLUME FLANNEL CAKES

Mix one and one-half cup scalded milk, one-fourth cup of sugar, one-half cup of butter, one-half teaspoon of salt, one-half yeast cake and four cups of flour. then add stiffly beaten whites of two eggs. Let rise over night, in the morning stir lightly down, turn into iron gem pans, and when well risen, bake twenty minutes. These cakes may be baked on a griddle.

FRIED RYE MUFFINS

¾ c. rye
¾ c. flour
½ c. milk
¼ c. molasses
2 eggs
3 tsp. baking powder
½ tsp. salt

Mix and fry as drop doughnuts

GRIDDLE CAKES

1 egg
2 tsp. baking powder
1 tbsp. sugar
1 c. milk
½ tsp. salt
About 2 c. flour

Beat egg, add milk. Sift dry ingredients. Combine.

Quick Nut Bread

2 cups bread flour
½ c sugar
4 tsp baking powder
1 tsp salt
1 tbsp butter
1 whole egg
1 yolk (not necessary)
1 c milk
½ c nut meats
1 tbsp lard

Work shortening into dry ingredients, add eggs, milk and nuts. Turn into buttered tin or tins let stand 20 minutes Bake 35 to 40 minutes. One loaf Oct 9-1913

Scones

2 c flour
3-4 tsp salt.
2 tbsp sugar
1-2 c raisins
3 tsp baking powder
1-3 c butter or 5 tbsp
1 egg
thin cream - about 1-2 cup

Mix roll cut (triangle shape) and bake

Sandwiches

"Hunger is the best seasoning."—*Cicero.*

For the lunch, the picnic and reception often there is nothing to quite take the place of the sandwich. The bread to be thus used should be at least twenty-four hours old and cut in thin slices with the crusts removed. The butter will spread to the best advantage if it is well creamed, as for cake, and this is preferable to melting it. Always season the filling tastily and cut in any desired shape The sandwich is attractive and nutritious.

LUNCHEON SANDWICHES or NOISETTE SANDWICHES

With nut bread and currant jelly, jams or marmalades make fancy sandwiches.

SARDINE SANDWICHES

Use small sardines, wipe them, sprinkle with shredded lettuce, season with salt, pepper and lemon.

BRUNSWICK SANDWICHES

Make four or five layers of sandwich bread and filling, using alternately chopped ham and creamed cheese and pickles. Press and cut.

CREAMED CHICKEN SANDWICHES

¾ c. chicken
1 c. milk
3 tbsp. flour
¼ c. celery if desired
1 small boiled onion
2 tbsp. butter

Cook till thick, add two stiff whites, salt, pepper and lemon juice to taste. Turn into mould, first dipped in cold water. Let stand twelve hours, and use between buttered bread.

RIBBON SANDWICHES

Brown and white bread, marmalade, butter. Alternate breads and fillings, using five to seven slices Cut off strips one inch wide.

MOSAIC SANDWICH

Cut four slices of white and five of graham bread, one-half inch in thickness, spread with creamed cheese, a slice of white, place on it a slice of graham, spread with cheese and nuts or olives, place on it a slice of white and repeat process, twice using graham, white or graham three times Place under weight After a while combine the three and press again before cutting.

RECEPTION SANDWICHES

Figs
Bread
Butter
Dates
Nuts

Remove stems from figs and stones from the dates, chop, cook in double boiler with small quantity of water till paste is formed, cool, spread on buttered bread, sprinkle with finely chopped peanuts if desired. Cover with bread, cut.

SANDWICH ROLLS

Remove crusts, spread with marmalade or sweet filling. Roll each like little jelly roll.

CLUB SANDWICH

Arrange on slices of toast cold chicken, fried bacon, sliced tomato and lettuce, add salad dressing with the chicken if desired. Cover with toast.

SALAD ROLLS

Cut a slit in a long finger roll, stuff with salmon, shrimp or any meat suitable for salads which has been seasoned with salad dressing. Garnish with ground parsley.

Cakes

"If you would make good cake,
Let patience fill a measure full;
Deal muscle with unsparing hand,
And strew through all full
Many a grain of common sense."

All our cake mixtures can be divided into two classes. With butter: the butter cakes, so-called Without butter · the sponge cakes, properly speaking. Good materials, proper measurements, careful mixing and even baking are every one essential to success.

The general butter cake rule of mixing is to first cream the butter (do not melt it); then gradually add the sugar, next the beaten yolks, then the sifted dry ingredients alternately with the milk; lastly, the stiff whites and flavoring. Everything ought to be ready before the mixing is commenced, and it is better to add the milk as suggested, and thus avoid any separation of the butter and sugar in order to have a fine grain cake. In mixing a sponge cake, one generally adds the sugar to the beaten yolks, then the stiff whites, and lastly the dry ingredients and flavoring. Too much flour gives a heavy cake; too much butter often causes a cake to fall, and coarse sugar makes a heavy cake.

Often it is wise for the inexperienced worker to use baking powder (a pure make) and thus have to measure two teaspoons, for example, whereas to get the same results with soda and cream of tartar, probably one of cream of tartar and one-half teaspoon of soda would be needed. The measuring of the half and quarter of a spoonful is often carelessly done, and then we wonder why the results are unsatisfactory. Some claim that a

cake with baking powder will dry quicker, and nowadays we find that good results are obtained by using some of the commercially prepared flours in our cakes as well as in biscuits.

SPONGE CAKE

5 eggs (6 if small)
½ lemon, rind and juice
¼ tsp. salt
1 c. sugar
1 c. flour

Beat yolks, add sugar, lemon, salt, then whites stiffly beaten, and, lastly, sifted flour. Bake for sponge cakes, drops or jelly roll.

Properly speaking sponge cake has many eggs and no baking powder; but when we consider that butter and milk are not required, the expense is often not more than for other cakes.

HOT WATER SPONGE CAKE

4 eggs
2 c. bread flour
1 tsp. lemon
2 c. sugar
2 tsp. baking powder
⅔ c. boiling water

To stiff whites add yolks, sugar, lemon, flour and baking powder, and last the water. Two loaves.

FOUNDATION CAKE

½ c. butter
2 c. sugar
4 eggs
Flavoring
1 c. milk
3 c. flour
3 tbsp. baking powder

Cream butter, add sugar, then beaten yolks and flavoring. Sift flour and baking powder, add alternately flour and milk, and lastly stiff whites. Bake for layer cake, large loaf or cup cakes.

VARIATIONS

Cocoanut, marble, chocolate, orange ribbon or vanilla cakes.

ORANGE CAKES

¼ c. butter
½ c. milk
1⅔ c. flour
1 tsp. orange extract
1 c. sugar
2 eggs
2 tsp. baking powder

Bake in small tins. Cut, fill and frost, using orange frosting (1) and orange filling (1).

PRINCETON ORANGE CAKE

½ c. butter
4 yolks
1½ c. flour
4 tsp. baking powder
1½ c. sugar
½ c. orange juice
½ c. cornstarch
4 whites

DELICATE CAKE

A delicious cake, the characteristics of which are softness and sweetness. Though simple and easily made, this is a dainty cake.

2 c. sugar
3 eggs
1 tsp. vanilla or lemon
1½ c. Reliable prepared flour
1 c. butter
1 c. milk
1¾ pastry flour

Bake in a moderate oven. As this cake is sweet, it does not require to be frosted.

EXQUISITE CAKE

1½ c. sugar
3 eggs
1 tsp. baking powder
3 oz. chocolate
½ c. butter
½ c. and 2 tbsp. milk
1 tsp. vanilla
1½ c. flour

LILY CAKE

⅓ c. butter
½ cup milk
2½ tsp. baking powder
Flavoring
1 c. sugar
1¾ c flour
3 stiff whites

Mix in butter cake order. Bake in two layers.

NUT CAKE

½ c. butter
2½ tsp baking powder
Yolks of 3 eggs
½ c. milk
1¾ c. flour
1 c. sugar
Whites of 2 eggs
¾ c. walnut meats

Mix in general cake order, add vanila if desired. Use third white for frosting.

ITALIAN CAKE

1 c. sugar
2 yolks
1¾ c. flour
⅓ c. softened butter
½ c. nuts
Vanilla
½ c. milk
1¾ tsp. baking powder
½ tsp. salt
½ c. raisins
2 whites

Beat five minutes.

CORNSTARCH CAKE

½ c. butter
2 eggs
2 tsp. baking powder
¼ c. cornstarch
⅛ tsp. nutmeg
⅛ tsp. mace or cloves
¾ c. sugar
¼ c. milk
⅞ c. flour
¼ tsp. cassia
⅛ tsp. allspice
1 tsp. vanilla

Follow butter cake rule. White frosting.

MOCHA CAKES

Bake sponge cake as for jelly roll.

CAKE

4 eggs (yolk)
2 tbsp. cold water
1 tsp. lemon extract
4 stiff whites
1 c. sugar
1½ tbsp. cornstarch flour to make 1 cup
1¼ baking powder

Cut, frost and roll in cocoanut. Use mocha frosting.

CHRISTMAS CAKE

½ c. butter
Yolks of 3 eggs
1¾ c. flour
Whites of 2 eggs (stiff)
½ c. pecans
¼ c. citron
1 c. sugar
½ c. milk
2½ tsp. baking powder
½ c. walnuts
½ c. raisins

Mix in given order.

LADY BALTIMORE CAKE

1 c. butter
1 c. milk
2 tsp. baking powder
6 whites
2 c. sugar
3½ c flour
1 tsp. rose

Mix in butter cake order. Bake in layers.

FRUIT AND NUT FILLING

2 c. granulated sugar
2 whites
⅔ c. pecan meats
¼ c. cherries
⅔ c water
⅔ c. chopped raisins
3 figs
Angelica

Pour syrup when it threads onto stiff whites. Beat and add fruit. Use for filling and frosting.

DREAMY SPONGE CAKE

A most delicious and delicate sponge cake, calling for less eggs than most rules. This rule will be found convenient in the fall and winter months when eggs are high in price.

3 eggs
½ level tsp. salt
½ c Reliable prepared flour
4 tbsp. cold water
1 c. sugar
½ lemon (juice and rind)
½ c. pastry flour

Beat eggs, sugar and salt with an egg beater until light and creamy, add the grated rind and juice of the lemon, also the cold water, stir but slightly. Lastly add the flour, mix gently, and bake in a moderate oven.

FLORIDA NUT STICKS

Mix Princeton or other orange cake, add nuts and bake in large pan. Serve with orange filling in finger-shaped pieces.

FILLING

1 tbsp. butter
2 tbsp. flour
1 yolk
3 tbsp. confectioners' sugar
⅓ c. sugar
¼ c. orange juice

Cook till it thickens.

MADELEINES

2 eggs
1 tsp. baking powder
2 tbsp. melted butter
⅓ c sugar
¾ c. flour
Lemon extract

Bake in six tins, and when cold cut a round from top, take out a portion, fill with jam or marmalade. Replace covers, garnish with jam and nuts.

MOTHERS' FRUIT CAKE

1 c. butter
1½ c. brown sugar
1½ c. raisins
1 c. currants
½ tsp. allspice
1 c. molasses
½ tsp. lemon
4 eggs
1 c. milk
4 c. flour
1 tsp. cassia
½ c. citron
½ tsp. clove
½ tsp. vanilla

Butter cake method of mixing.

FIG CAKE

½ c. butter
½ c. milk
3 tsp. baking powder
Whites 3 eggs
1 c. sugar
2 c. flour
1 tsp. vanilla
½ lb. figs

Follow butter cake rule and cut the figs into small pieces and put into mixture as it is put into the pan. Bake forty-five minutes.

BUTTERCUPS

3 tbsp. butter
4 yolks
¼ c. milk
¼ tsp. soda
¾ c. sugar
1 white
1 c. flour
1½ tsp. cream of tartar

Mace, bake in small tins.

SUGGESTION

White frosting and yellow decorations.

ST. VALENTINE CAKE

¼ c. butter
1 c sugar
½ c. milk
1⅔ c. flour
2½ tsp. baking powder
Whites 2 eggs
½ tsp. vanilla
¼ tsp almond

Mix, bake, cut as heart. Frost and garnish

SILVER CAKE

4 whites of eggs
½ c. butter
2 c. flour
1 tsp. cream of tartar
1 c. sugar
½ c. milk
½ tsp. soda
Flavoring

GINGER CAKES

½ c. butter
¼ c. white sugar
1 c. flour
Nutmeg
½ c. brown sugar
2 eggs
Flavoring
Canton or preserved ginger

Mix and bake in small tins.

CHERRY CAKES

Follow same recipe as for ginger cakes, and substitute candied cherries for the ginger. Bake in small tins.

LADY FINGERS

6 whites
4 yolks
⅔ c flour
⅔ c. powdered sugar
1 tsp. vanilla
⅓ tsp. salt

HEARTS AND ROUNDS

These delicious little cakes are very much esteemed for their richness and fine flavor.

1⅛ c. sugar
5 eggs
1 c. pastry flour
⅞ c. butter
½ level tsp. mace
½ c. Reliale prepared flour

Bake in small, fancy cake tins of the various shapes. They may be served plain or frosted with tutti fruti icing.

ANGEL CAKE

1 c. flour
12 stiff whites of eggs
1 tsp. vanilla or orange
1½ c. sugar
1⅓ tsp. cream of tartar

Sift flour five or six times before measuring. Add gently to whites the dry ingredients. Bake forty-five minutes in tube tin and let it brown at the end of fifteen minutes. Cover with paper during last half of baking.

DATE CAKE

4 eggs
1 c. molasses
1 c. sour milk
1 lb. raisins
½ lb. dates
1 tsp. soda
½ tsp. cloves
2 c. brown sugar
1½ c. butter
4 c. flour
1 lb. currants
½ lb. citron
1 tsp. cinnamon
½ tsp. nutmeg

Makes two loaves and will keep several months.

AUNT BETSEY CAKE

⅔ c. butter
1 c. molasses
2 eggs
1 nutmeg
1 tsp. soda
½ tsp. clove
2 c. sugar
5 c. flour
1½ c. cold water
2 c. raisins
Salt

Makes two large loaves and will keep a long time.

GOLD CAKE

4 yolks
½ c. butter
½ c. milk
1 tsp. cream of tartar
1 whole egg
1 c. sugar
2 c. flour
½ tsp. soda

Flavoring

JELLY ROLL

4 yolks
3 tbsp. cold water
1¼ tsp. baking powder
1 c. sugar
1 tsp. lemon extract
4 stiff whites
1½ tbsp. cornstarch and flour to make one cup.

Bake cake, cut, spread and roll at once.

CHOCOLATE CAKE

2 oz. chocolate
½ c. milk
1 yolk

Cook together till smooth.

2 tbsp. butter creamed with 1 cup sugar

Combine and add

½ c. milk
1 tsp. soda
1½ c. flour
1 tsp. vanilla

SIMPLICITY CAKE

Particularly recommended to the inexperienced in cake making, for it is easy, yet somewhat out of the usual method of mixing.

1½ c. Reliable prepared flour
½ c. plain flour
1 c. sugar

Then add

2 eggs, broken into the cup
Milk to fill up the cup
1 tsp. lemon
½ tsp. vanilla
½ c. melted butter

Stir well together and bake in a moderate oven. Ice with boiled frosting.

Frostings

BOILED FROSTING

1 c. sugar
Few grains cream of tartar
Flavoring
⅓ c. water
Whites of 2 eggs

Boil sugar, water and cream of tartar till it threads, stirring only a little. Pour syrup onto the stiff whites. Beat to spreading consistency. Flavor as desired. Tartaric acid sometimes used.

CREAM FROSTING

⅓ c. butter
Pink coloring
½ tsp. vanilla
1½ c. confectioners' sugar
Coffee to make of right consistency, about 3 or 4 tsp.

BLENDED FROSTING

White of 1 egg
½ c. water
Confectioners' sugar
1 c. sugar
Flavoring

Boil water and sugar till it threads. Pour onto the white. Beat; add sugar (confectioners') till thick enough to spread.

CONFECTIONERS' SUGAR FROSTING

To white or yolk of egg, two tablespoons of milk, coffee or caramel flavoring, add sugar (confectioners') to stiffen and flavor.

FROSTING GARNISHES

Nuts, cherries, angelica or pastry bag garnishes may be added. Vegetable coloring used in making cake add much to variety.

Confectioners sugar Frosting
To beaten white add confectioners sugar
flavoring

MARSHMALLOW ICING

1 c. granulated sugar ¼ c. water

Boil to thread. Pour onto two stiff whites. When cool, add quarter pound of marshmallow and flavor for a light, fluffy icing.

CARAMEL FROSTING

1¼ c. brown sugar ¼ c. white sugar
⅛ tsp. cream of tartar ¼ c. water

Boil till syrup threads. Pour onto two stiff whites, beat and cool Cook over water till slightly granular on the edges, beat and spread.

CREAMY FROSTING

⅔ c granulated sugar 1 tbsp. butter
⅔ c. milk

Boil four or six minutes. Beat, flavor and spread.

MAPLE SUGAR FILLING FOR CAKE

1 c. maple sugar 1 c. cream
1 c. light brown sugar

Heat slowly and boil steadily with little stirring till a soft ball will form in cold water. Remove from the fire and add one cup nut meats and beat to spreading consistency.

ORANGE FROSTING

I

1 tbsp. orange juice ½ tsp. lemon juice

Add to one egg, mix and blend with confectioners' sugar.

II

¿ c. sugar 1 c. water
3 whites ¼ tsp. tartaric acid
¼ c. orange peel (candied)

ORANGE FILLING

½ c. sugar
¼ c. orange juice
½ tbsp. lemon juice
2½ tbsp. flour
1 egg
1 tsp butter

Mix, cook ten minutes, cool.

MOCHA FROSTING

⅓ c. butter
1 tbsp. cocoa
1½ c. confectioners' sugar
Coffee to spread

Cream butter, add sugar and cocca. then cold coffee.

TUTTI FRUTTI ICING

Add a little glucose to the soft vanilla icing, and stir in some little bits of French cherries, greengages, apricots, and pineapple. This makes a very dainty icing for small cakes.

Cookies and Doughnuts

"No man can be wise on an empty stomach."—*George Eliot.*

Luncheon for the children or the dinner to be carried calls for the cookies and doughnuts. Many housekeepers now use the drop cookies, as time is saved in the preparation, and recipes for both the drop and the rolled cookies are given. Many of the rich cookies are a pleasant change if used sometimes on the table instead of cake.

SPRINGFIELD COOKIES

1½ c. sugar
3 eggs
1 tsp. cream of tartar
1 c butter
½ tsp. soda
Flour to roll

Roll very thin and sprinkle on the top sugar before baking, also almonds, chopped finely if desired.

NUT COOKIES

½ c. butter
¼ tsp. clove
1 egg
⅓ c. nuts
2 c. flour
½ tsp. cinnamon
¼ tsp. nutmeg
2 tbsp lemon juice
½ c. sugar

Cream butter, add egg, nuts and dry ingredients. Toss on board, roll, cut and bake.

HERMITS

2 eggs
1 c. sugar
3 c flour
½ c. butter
¼ tsp soda
½ c. raisins

Roll, cut and bake.

ROLLED WAFERS

¼ c. butter
¼ c. milk
½ tsp. vanilla
½ c. confectioners' sugar
⅞ c. bread flour

Cream butter, add sugar, then milk very slowly. Next flour and flavoring Spread this thinly on inverted pan, crease in three-fourth inch squares. Bake in slow oven. Roll while warm.

LUNCHEON COOKIES

2 c. sugar
1 c. raisins
½ c. warm water
2 eggs
½ tsp. cassia
¼ tsp. nutmeg
½ c. currants, if desired
½ c. cottisuit or lard
½ c. molasses
1 tsp. soda
7 c. flour
¼ tsp clove
1 tsp. baking powder

Beat egg, add sugar, then molasses, melted shortening, water and sifted dry ingredients, lastly the fruit, dredged in a part of the flour. Drop small spoonsful on buttered tin and bake in moderate oven.

BOSTON COOKIES

⅔ c. butter and lard
2 eggs
1 tbsp. hot water
¼ tsp. salt
⅔ c. raisins or currants
1 c. sugar
⅔ tsp. soda
2 c. flour
½ tsp. cinnamon
⅔ c nuts

Drop and bake in moderate oven.

QUAKER WAFERS

2 eggs
1 c. sugar
2 c. rolled oats
1 tbsp. flour
¼ c. butter
½ tsp. salt
1 tsp. baking powder

Mix, drop on inverted tin. Bake and roll if desired.

CHOCOLATE JUMBLES

½ c. butter
1 oz. chocolate
1 egg
1 c. flour and enough for rolling
½ c. sugar
½ tbsp. milk
1 tsp. baking powder

Mix, roll, cut and bake. Dust over with sugar if desired.

THICK MOLASSES COOKIES

1 c. molasses
1 c. butter
1 c. boiling water
1 tbsp. soda
1 c. sugar
1 c. lard
1 tbsp. ginger
½ tbsp. salt

Flour to roll. Cut half inch thick.

CORNSTARCH COOKIES

2 c. sugar
1 c. sour milk
2 eggs
1 tbsp. soda
1 c. butter and lard, about half each
½ c. cornstarch

Flour to make stiff enough for drop cookies. Drop from spoon onto buttered tins, and if the batter is not too stiff, the cookies will keep well and be very light.

SUGAR GINGER COOKIES

1 c. butter
3 eggs
2 tsp. ginger
1 tsp. soda
2 c. sugar
6 c. flour
2 tsp. cream of tartar
Flour to roll

Roll very thin. Mark with a silver fork and cut into pieces two by five inches instead of using a cutter if desired.

FAIRY GINGERBREAD

½ c. butter
1⅞ c. bread flour
½ tbsp. ginger
1 c. sugar (brown)
¼ tsp. soda
½ c. milk

Spread and bake.

ROLLED WALNUT WAFERS

¼ c. butter
½ c. confectioners' sugar
2 oz. chocolate
¼ tsp. salt
¼ c. milk
1 c. flour
½ tsp. vanilla
1 c. walnut meats

Mix, spread, crease and bake. Roll at once.

DATE WAFERS

½ c. butter
¼ c. milk
1 c rolled oats
½ c. brown sugar
1 c. flour

Mix, roll very thin, spread on half the mixture one-half pound of dates, stoned and chopped. Foll, roll, shape and bake in slow oven.

SPONGE GINGERBREAD

2½ c. flour
½ c. molasses
½ c. milk
1 tsp. ginger
1 tbsp. butter
½ c. sugar
1 tsp. soda
½ tsp. cinnamon

Mix, bake in muffin tins, serve with sliced bananas and cream as a luncheon dessert.

RAISED DOUGHNUTS

1 c. milk
¼ yeast cake
¼ c. lukewarm water
1 tsp. salt
Flour
⅓ c. shortening
1 c. brown sugar
2 eggs
½ nutmeg

Scald and cool milk, add yeast in water, salt and flour to make stiff batter. Let rise. Add shortening, sugar and eggs. Let rise and toss onto board, roll to three-quarter inch, using flour as needed. Cut, shape, let rise, fry in deep fat. Roll in sugar.

DOUGHNUTS

1 egg
1 c. sugar
1 tsp. salt
¼ nutmeg
1 c. milk
4 tsp. baking powder
¼ tsp. cinnamon
4 c. flour

Mix, roll and fry.

"RELIABLE" COOKIES

A standard and inexpensive rule.

1 c. sugar
½ c. butter
1 egg
½ c. milk
4 tsp. caraway seeds
1¼ c. Reliable prepared flour
1¾ c. pastry flour
½ tsp. lemon

In making, follow directions for imperial cookies

Pastry

"Who will dare to deny the truth, there is poetry in pie?"
—*Longfellow.*

The plain and the puff paste are much used, and although the pie is not served as in olden days, pastry is used in most households in some ways. "There is a best way to do the worst things," and so even if pastry is hard to digest, it ought to be carefully made with the best materials; then the average person can eat it in moderation without ill effects.

To make puff paste, one ought to see it done and have experience; but for many dainties, the plain paste, made with some lard and some butter, is a satisfactory recipe to follow

A cool room, cool utensils and materials are necessary for the best results, and then the cold product of the mixing will be expanded by the intense heat of the oven. This is going to give the flaky and ungreasy pastry.

PLAIN PASTE

¼ c. lard
½ tsp. salt
¼ c. butter
1½ c. flour
Water to form a dough

Rub in lard, add water, roll and fold in washed butter. Roll and fold three or four times.

PUFF PASTE

½ lb. butter
Cold water
½ lb flour
¼ tsp. salt

Wash butter, rub two tablespoons into flour and salt. add water, toss on board. Pat, roll, fold in butter, repeat five to seven times. Chill, bake.

FRANIPAN PIE

Cut three circular pieces of pastry, size of a pie plate, prick and bake, and spread cream between and confectioners' sugar on the top.

FRANIPAN CREAM

⅔ c. confectioners' sugar
3 yolks
¼ tsp. salt
⅓ c. flour
1 egg
1 c. milk

Cook over water, add two tablespoons of butter, vanilla and powdered macaroons to flavor.

FIG PIE

Bake a pastry shell, fill with fig mixture. Three-fourths pound of figs, cook in a little water till skins are tender and liquid is reduced to one-half cup. Chop figs, add one-half cup of water, one-half teaspoon of salt, one-fourth cup sugar and lemon juice.

Use with meringue.

COCOANUT PIE

Line a plate with paste and use the following filling:

2 c. milk
½ c. sugar
1 c. grated cocoanut
1 tbsp. butter
3 egg yolks
2 tbsp. cornstarch
¼ tsp. salt
Juice of ⅓ lemon

Bake the shell and cook the filling separately.

CHOCOLATE CUSTARD PIE

Line a plate with plain paste, fill with following and bake in moderate oven.

2 eggs
3 tbsp. sugar
1 or 1½ oz. chocolate
⅛ tsp. salt
1½ c. milk

Serve with meringue if desired.

PUMPKIN PIE

MIXTURE

1½ c. steamed pumpkin
1 tsp. cinnamon
½ tsp. salt
1½ c. milk
⅔ c. brown sugar
½ tsp. ginger
2 eggs
½ c. cream

Bake with one crust.

SAUCE

¼ c. butter
1 yolk
1¼ c. brown sugar
½ c. milk

Cook over hot water, when thick add white and flavor.

ORANGE TARTS

Use puff or plain paste for shells. Fill with orange filling.

ORANGE FILLING

2 tbsp. flour
½ c. sugar
⅓ c. orange juice
1 egg
1 tbsp. cornstarch
Grated rind ½ orange
½ tbsp. lemon juice
1 tsp. butter

Cook in double boiler ten minutes. Stir constantly.

CHEESE STRAWS

1 c. cheese
Water and shortening as for pastry
1 c. flour
Salt and a dash of pepper

Roll and cut in strips. Bake and serve with salads and pies.

SECOND METHOD

Roll plain paste one-fourth inch thick, sprinkle on grated cheese. Fold, roll and repeat. Bake eight to ten minutes.

MARLONE TARTS

Fill pastry cases with cut and sweetened oranges, bananas and cocoanut. Put on cover and frost.

CREAM TARTS

1 c. milk
½ c. sugar
Flavoring
Tart shells
1 egg
3 tbsp. flour
Garnish

Fill shells with cream. Garnish with meringue if desired.

MINCEMEAT

2 c. meat
¾ lb. raisins
5 c. sugar
⅓ c. vinegar
⅓ c butter
¾ nutmeg
1 tsp. allspice
6 c apples
2½ tbsp. salt
¾ c. molasses
¾ c. shortening
⅓ c. liquor from meat
3 tsp. cinnamon
1 tsp. clove

Makes two quarts and one pint or seven pies. Cook three to four hours.

BRAMBLES

1 c. chopped raisins
1 egg
Pastry rounds
1 c. sugar
Grated rind and juice 1 lemon

Fill and bake in rather slow oven. A few walnut meats give variety.

CHEESE SOUFFLE WITH PASTRY

2 tbsp. butter
3 tbsp. flour
½ c. milk
½ tsp. salt
Pepper
¼ c. cheese
3 yolks
3 whites

Follow sauce rule, bake twenty minutes. Serve with parsley.

CREAM HORNS

Roll strips of paste on butchers' paper and make horns, to be filled with whipped cream.

PEACH PRALINES

Shells of pastry. One cup of cream filling and one-half to two-thirds cup of praline powder, put spoonful in each, place on it a peach, and cover with meringue, brown delicately.

PRALINE POWDER

Caramelize one-half cup of sugar, add two-thirds cup of chopped nut meats, turn into buttered pan, cool, pound and put through coarse sieve

PINEAPPLE CUPS

1 c. grated pineapple
2 egg yolks
Few grains salt
¼ c. sugar
Rind and juice of 1 lemon

Chill and fill tarts or cup shells.

MARASCHINO CLOVES

Roll puff paste one-fourth inch thick, cut in strips Fold cherries into paste, making small dumplings. Bake and serve three or four to each person with a leaf of paste if desired, and some maraschino sauce.

MARASCHINO SAUCE

⅓ c. sugar
½ tbsp. arrowroot
½ tbsp. butter
2 tbsp. maraschino syrup
⅔ c. water
2 tbsp. jelly
Salt

LEMON CRISPS

Cut puff paste one-eight inch thick in strips five inches and one inch wide. Put in pairs with lemon filling between.

LEMON FILLING

½ c. sugar
½ egg
1¼ tbsp. flour
½ tsp. butter

Cook over water, cool.

CHICKEN BOUCHEES

Make small shells or bouchées from puff paste, fill with chicken filling.

CHICKEN FILLING

1½ tbsp. flour
½ c. milk
Chicken and seasonings
1½ tbsp. butter
2 eggs

Blend butter and flour, add milk and eggs, then chicken. Eggs separately or slightly beaten, or use yolks and whites for meringue.

OYSTER BOUCHEES

As above with oyster filling.

½ pt. oysters
2 tbsp. flour
Salt
Parsley
2 tbsp. butter
1 c. milk and oyster liquor
Pepper

VIENNA TARTS

Fill shells with cream filling and arrange on each a peach. Serve with cream garnish and apple jelly if desired.

CALVE TARTS

Bake paste on inverted circular tins, fill with peach and garnish. Cream suggested.

VOL-AU-VENT

Roll puff paste one-third inch thick, cut oval piece, put on one or two rims, three-fourth inch wide and one-fourth inch thick. Chill and bake forty-five minutes. Bake a cover also.

RASPBERRY PUFFS

Roll paste one-eight inch thick, cut four by three and one-half inches. Add one-half to one tablespoon jam. Wet, fold, press, pick and bake.

SWEET BOUCHEES

Fill bouchée shells with preserved fruit, garnish. Blackberries, strawberries or cherries suggested.

SHRIMP OR SCALLOP PATTIES

Fill pattie shells with creamed shrimp or scallops.

CREAM BASKETS

Baskets made of plain paste filled with cream and fruit.

CREAM AND FRUIT

1 c. milk
3 tbsp. flour
Flavoring
Fruit
Garnish
½ c. sugar
1 egg
Salt
Coloring

Orange, lemon, violet, strawberry, raspberry, or chocolate.

CONDES

Puff paste
2 oz. blanched and chopped almonds
2 egg whites
¾ c. confectioners' sugar

Beat eggs, add sugar, then almonds. Roll paste, cut three or four by one or two inches, spread mixture on, not putting it on edges. Bake about fifteen minutes in a moderate oven.

APPLE FLAWN

Bake a shell of pastry. Pare, quarter and slice six apples, cook with one tablespoon of butter, three tablespoons of confectioners' sugar, rind from quarter of a lemon. Stir constantly and reduce to a purée, then add a few stewed apricots.

Pare three apples, cut in eighths. Make a syrup of one cup of water and one cup of sugar. Cook half the pieces till soft and remove to a dish and save out some of the syrup. To rest, add red coloring and one-fourth cup of water. Boil remaining apples. Fill shell with purée and garnish with apples and syrup.

FLORENTINES

Roll puff paste one fourth inch thick, cut into diamonds, prick, and bake. Spread with jelly and chopped nuts

COCOANUT TEA CAKES

Shape with fancy cutter and bake paste rolled one-fourth inch thick. When nearly done, cool slightly, brush over with beaten white and sprinkle with cocoanut Finish cooking.

NUT STICKS

Roll puff paste one-fourth inch thick, cut in strips five inches long and one inch wide, bake. Cool a little, brush over with white of an egg, sprinkle with nut meats, chopped, and return to oven for two minutes. Garnish if desired.

VEAL AND OYSTER PIE

1 lb. veal cutlets	½ c. chopped ham
1 pt. of oysters	Butter
Seasonings	Moisture
Pastry crusts	

Cut meat, fry in fat (bacon preferred), chop ham, arrange all in baking dish and bake twenty minutes. Transfer to hot crust with cover of the same.

APPLE DUMPLING

Plain paste	Apples
White of an egg	Sugar
Cinnamon	Nutmeg

Roll plain paste very thin. Cut in squares and place pared and cored apple on each. Fill cavities with seasonings. Wet edges with egg and fold points over apple. Bake in moderate oven. Serve with foamy sauce.

Hot Desserts

" Bread, men say, is the staff of life,
But they will oft concede
That were it not for our dainty desserts,
The staff would be heavy indeed "

The hot dessert is usually a pudding and the means of cooking varies—baked or steamed in the majority of recipes. With the following puddings, too, one will find in many cases a sauce is necessary, and as in our meat sauces, so in the pudding sauces: use care, that the result may be smooth, well flavored, and suited to the particular dish with which it is served.

ORANGE PUDDING

Let one and one-third cups of bread crumbs soak in cup of cold water for twenty minutes, add

1 c. sugar
2 yolks
1 tbsp. lemon juice
¼ tsp. salt
1 whole egg
1 c. orange juice
1 tbsp. butter

Bake and cool slightly. Use two whites for meringue.

APRICOT SOUFFLE

½ c. boiling water
½ c. flour
2 tbsp. butter

Cook together. Add

½ c. milk
2 yolks
3 tbsp. sugar
2 whites

Pour over layer of apricots. Bake with dish set in pan of hot water.

DELMONICO PUDDING WITH ORANGES

6 oranges
½ c. sugar

Pour over them in dish following pudding:

¼ c. cornstarch
¼ c. sugar
1 qt. milk

Cook twenty minutes

1 tbsp. butter
4 yolks

Bake ten minutes

Meringue
4 whites
8 tbsp. confectioners' sugar

Score with silver knife dipped in hot water. Brown, garnish with oranges.

ORANGE SOUFFLE

3 egg yolks
3 egg whites
3 tbsp. confectioners' sugar
1 tbsp. orange juice
½ tsp. lemon juice
¼ tsp. salt

To yolks, add sugar and juices, fold in whites. Bake fifteen to twenty minutes in buttered dish in moderate oven.

ALMOND PUDDING

4 tbsp. butter
½ c. molasses
1½ c. flour
¼ tsp. cassia
½ c. milk
⅓ c. sugar
2 eggs
½ tsp. soda
¼ tsp. salt
¾ c. almonds

Mix and steam two and one-half hours. Vanilla sauce.

COTTAGE PUDDING

1 c. sugar
2 eggs
3 c. flour
3 tsp. baking powder
1 tbsp. butter
1 c. milk
1 tsp. salt

Mix and bake. Serve with chocolate or vanilla sauce.

CUPID'S SOUFFLES

Beat the yolks of three eggs and three-eights cup sugar together until light, add grated rind of half lemon and whites of three eggs beaten until stiff and dry. Add one cup stiffly beaten cream and three-eights cup flour sifted with one-eight teaspoon salt, sprinkle with powdered sugar and bake in hot oven ten minutes. Serve immediately.

PUDDING AUX AMANDES

3 yolks
¼ tsp. salt
1 c. milk
½ c. sugar
1 tsp. vanilla

Let slices of baker's bread stand in this one hour. Butter moulds, sprinkle with almonds, put in layers of bread and peaches. Cover with buttered paper and steam till firm. Garnish. Serve with sweet sauce.

THANKSGIVING PUDDING

1 pt. bread crumbs
4 yolks
½ c. sugar
½ tsp. cassia
¼ tsp. nutmeg
1 qt. milk
2 tbsp. butter
1 c. raisins
½ tsp. cloves

Bake in moderate oven two hours. When cool, spread a layer of jelly and frost with meringue of four whites. Brown and serve hot or cold.

FRUIT PUDDING

Cream one cup of suet, add two and two-thirds cups of stale bread crumbs and one cup of grated carrots; beat four yolks, add one and one-third cup brown sugar. Combine these two mixtures. Add one tablespoon lemon juice, one tablespoon vinegar, one cup raisins, three-quarters cup currants, one-third cup of flour, one and one-half teaspoon salt, one teaspoon cinnamon, half teaspoon nutmeg, one-quarter teaspoon cloves, four whites. Steam three and one-half or four hours. Serve with liquid or hard sauce.

CHOCOLATE BREAD PUDDING WITH MERINGUE

1 c. soft, stale bread crumbs
1½ oz. chocolate or 5 tsp. cocoa
2 tbsp. butter
2 c. milk
1 c. sugar
½ tsp. vanilla
Yolks of three eggs

Add bread, chocolate and sugar to cold milk, reserving one-half cup. Cook till smooth in double boiler. Beat yolks, add milk, melted butter, salt and combine. Flavor and bake twenty minutes. Cool slightly and cover with a meringue. Serve hot or cold.

STEAMED CHOCOLATE PUDDING

Yolks of three eggs, beaten
3 tbsp. milk
1 c. flour
1 tsp. cream of tartar
1 c. sugar
1 oz. chocolate
3 whites
½ tsp. soda

Put large 'spoonful in greased cups. Steam twenty minutes.

SAUCE

1 c. confectioners' sugar
1 tsp. vanilla
½ c. butter
½ c. milk

Place over hot water till smooth.

BOSTON DELIGHT

2 c. brown bread crumbs
2 eggs
2 tbsp butter
½ tsp. salt
4 c. milk
1 c. dried fruits

Bake and garnish with whipped cream and serve with lemon sauce.

DATE PUDDING

2 c. flour
½ tsp. salt
2 tbsp. butter
¾ c. milk
2 tsp. baking powder
2 tbsp. sugar
1 egg
1½ c. dates

Bake twenty minutes. Serve with liquid sauce.

CHOCOLATE PUDDING

2 ozs. chocolate
¼ c. sugar
⅓ c. flour
1 c. cake crumbs
Salt
2 c. milk
3 tbsp. butter
4 eggs
½ tsp. vanilla

Soak crumbs, heat and combine all, except eggs Cool some, add eggs. Bake in moderate oven. Serve with chocolate sauce (11).

HOT APPLE TRIANGLES

2 c. flour
2½ tsp baking powder
¼ c. shortening
1 egg
¼ c. sugar
¼ tsp. salt
2 apples
⅓ c. milk

Mix, bake, sprinkle with confectioners' sugar and serve.

CHRISTMAS PUDDING

¾ lb. suet
¾ lb. currants
¾ lb. dried bread crumbs
2 sour apples
½ tsp. clove
6 eggs
¾ lb. raisins
¾ lb. sugar
¼ lb. citron
Juice of 1 lemon
½ tsp. salt

Steam four hours in two buttered moulds and serve with German sauce.

FEBRUARY PUDDING

Soak one and one-half cups bread dice in cup warm milk one hour. Add

3 eggs, slightly beaten
¼ tsp. salt
1 tsp. vanilla
½ c. sugar
¼ lb. candied cherries, cut in halves
2 tbsp melted butter

Pour into buttered cups, set cups in pan of hot water and bake twenty minutes. Serve with sabayon sauce.

NOTTINGHAM PEACH SHORTCAKE

3 c. flour
4 tsp. baking powder
2 tsp. sugar
4 tbsp. butter
½ tsp. salt
Milk to moisten

Mix as for biscuits, spread in buttered tins, bake. Fill with prepared peaches and garnish with cream and fruit.

BAKED INDIAN PUDDING

5 c. milk
½ c. molasses
1 egg
½ c. milk if desired
⅓ c. Indian meal
1 tsp. salt
1 tsp. ginger

Slowly pour the milk onto the meal. After cooking in double boiler for fifteen minutes, put all in buttered baking dish and bake in slow oven about two hours. Serve with cream.

COCOANUT SOUFFLE

1½ c. milk
⅓ c. sugar
3 tbsp. cornstarch
1 tbsp. butter
1 c. cocoanut
4 egg whites

Mix cornstarch, sugar and cocoanut, add to hot milk, cook ten minutes, add the butter and stiff whites. Bake in small moulds in pan of water ten or twelve minutes. Serve with jam or custard sauce if desired.

DELMONT PUDDING

1 qt. milk
4 tbsp. cornstarch
1½ tsp. vanilla
5 egg yolks
1 c. sugar

Mix sugar and cornstarch and combine with one-half cup of cold milk. Heat the rest of the milk and follow the custard method of preparation. Add one-half cup of sugar to the stiff whites and spread as a meringue on the custard in a baking dish. Brown delicately and serve.

TAPIOCA COCOANUT PUDDING

½ c. Minute tapioca
½ c. cocoanut

Cold water to cover, soak an hour, then add

3 c. milk
3 eggs
½ c. sugar
¼ tsp. salt

Mix well and bake in buttered dish for about thirty minutes. Serve hot with cream.

PRUNE SHORTCAKE

Soak the prunes several hours, cook slowly, without boiling, till tender but not broken, adding sugar when half done. Two tablespoons of sugar and a teaspoon of lemon juice to a pint of prune mixture is good. When soft remove and continue cooking syrup longer. Use with a shortcake mixture and whipped cream.

POPCORN PUDDING

1 qt. milk
1 qt. popcorn
3 eggs
3 tbsp. sugar
Salt
Spice if desired

Soak corn and milk one hour and make as custard. Bake and serve hot or cold.

STEAMED GRAHAM PUDDING

2 c. flour
1 c. graham
1 heaping tsp. soda
½ tsp salt
1 c. milk
½ c. molasses
½ c. raisins
Spice if desired

Mix and steam two hours. Serve with liquid pudding sauce.

PEACH DELIGHT

Put a deep layer of cooked peach in a buttered baking dish and then a layer of rich biscuit or shortcake mixture on, one-half inch thick. Make several cuts to allow the steam to escape and bake in a moderate oven. Serve with whipped or plain cream.

Cold Desserts

"The ornaments of a home are the friends that frequent it."

Often it is more convenient for the housekeeper without a maid to serve a cold dessert, especially when entertaining, and more can be made early in the day, if not on the previous day, than books of twenty years ago show

Custards, fruits, compotes, gelatine dishes and cream desserts are found in this chapter, with various dressings.

CHOCOLATE WHIPS

1 pt. milk
¼ c sugar
⅛ tsp. salt
Chopped nuts
2 eggs
3 tsp. cocoa
Heavy cream

Mix dry ingredients, add to beaten eggs, combine with hot milk. Cook and serve cold in punch glasses with cream and nuts.

COCOANUT MOULD

1 pt. milk
3 tbsp. sugar
4 tsp. cocoa
4 tbsp. cornstarch
½ c. cocoanut
½ tsp. vanilla

Heat the milk in double boiler. Mix the cornstarch, cocoa, sugar and salt, moisten with a little of the milk saved for this purpose. Add to the milk. When thick, add vanilla and half of the cocoanut, mould, garnish with the rest of the cocoanut. Serve with milk or custard.

TAPIOCA PRUNE DESSERT

Cook in a double boiler for fifteen minutes one pint of milk, four level tablespoons of Minute tapioca and a pinch of salt. Remove from fire and add one tablespoon of butter, two tablespoons of sugar and yolks of two eggs. Pour into a buttered pan and bake for one-half hour in moderate oven. Have ready a cup of prunes that have been steamed till tender and rubbed through a sieve. Spread this purée over the tapioca. Pile roughly on top of prunes the whites of two eggs well beaten with two tablespoons sugar. Brown slightly in oven. Serve hot or cold with milk or cream.

VIOLET CREAM

3 tbsp. Knox gelatine	½ c. cold water
2½ c. boiling water	1 c. sugar
4 tbsp. lemon juice	Coloring

Mould, garnish with violets, and by using a smaller dish leave space in center to fill with French cream.

FRENCH CREAM

¼ lb. raisins	¼ c. water

Cook till soft.

1½ c milk	½ c. sugar
3 eggs	⅛ tsp. salt
1 tbsp. Knox gelatine	Flavoring

Make a custard, add raisins, garnish with sweetened whites (stiffly beaten) if desired, also candied violets.

ROLLED MARSHMALLOWS

1 tbsp. Knox gelatine	3 whites
1 c. boiling water	1 c. sugar
1 tsp. vanilla	Macaroons

Dissolve the soaked gelatine, add sugar and pour onto whites, chill, beat and allow it to stiffen in a shallow pan. Cut and roll in macaroons, dried and rolled till fine. Serve with cream and sugar if desired.

PRUNE WHIP

20 prunes
4 whites
½ c. sugar
Custard sauce

Soak, cook and strain prunes, add sugar; when thick add whites. Set and cool.

QUEEN'S DAINTY

1 lb. tokay grapes
1 c. cream (whipped)
2 c. marshmallows

Cut grapes and marshmallows, and mix. Serve in cups.

MACAROON CREAM

¼ box. or 1 tbsp. Knox gelatine
¼ c. cold water
⅓ tsp. salt
3 eggs
2 c. milk
⅓ c. sugar
⅔ c. pounded macaroons
1 tsp. vanilla

Soak gelatine in water, make custard, reserving whites and macaroons. Combine, strain into a dish set in ice water. As it thickens add stiff whites and macaroons, mould and garnish.

IRISH MOSS BLANCMANGE

⅓ c. moss
4 c. milk
¼ tsp. salt
1½ tsp. vanilla

Soak moss fifteen minutes, pick over and add to milk, cook thirty minutes. Strain, flavor, color half pink. Chill in shallow dish and use heart cutter to make attractive dish for Valentine's Day.

VANILLA SOUFFLES

Scald one pint of thin cream, add three-fourths cup of sugar, one-fourth teaspoon of salt, one-half teaspoon of vanilla, two tablespoons of Knox gelatine soaked in one-half cup of cold water. Strain, cool, and when mixture begins to thicken add stiff whites of four eggs. Turn into small moulds and when cold, serve with whipped cream garnish, candied cherries and angelica.

APPLES PRALINEES

Pare and steam apples, cover with sugar changed to caramel, and chopped nuts, allowing two tablespoons of sugar and two tablespoons of nuts to each apple. Pour on while apples are hot. Serve hot or cold with plain or whipped cream.

DATE SHAPE

Pour one pint of boiling water over one-half pound of dates, stir and separate with fork, skim from water, place in pan in oven for five minutes, stone and cut; add juice of half a lemon, one-fourth cup of sugar, one-half cup of orange or other fruit juice, one-fourth package Knox gelatine, softened in one-fourth cup cold water and dissolved in one-fourth cup boiling water. Chill and garnish with nuts and serve with cream, milk or custard sauce.

SURPRISE COFFEE JELLY

Mould coffee jelly in double mould and before serving, fill inner mould with whipped cream or charlotte russe mixture, also use ladies' fingers or macaroons if desired.

COFFEE JELLY

2 tbsp. Knox gelatine
3½ c. coffee
½ c. cold water
½ c. sugar

SOFT CUSTARD

1 pt. milk
¼ c. sugar
½ tsp. vanilla
2 eggs or 3 yolks
⅛ tsp. salt

Heat milk. Add sugar and salt to beaten eggs, add part of milk to egg and return to double boiler, stir till it thickens. Strain, flavor.

CARAMEL CUSTARD

1 c. sugar
½ c. water

Melt and brown sugar, add water gradually, cook till dissolved. Use as flavoring for custards and creams.

BANANA ISLAND

Soft custard
2 bananas
Whites of eggs
Cubes of red jelly

Make custard as above, using yolks. Put stiff whites on the custard and part of the bananas in the custard. Decorate the top with the rest of the bananas and jelly.

APPLE CHARLOTTE

1 c. apple pulp
½ box Knox gelatine
1 pt. cream
Sugar to taste

Dissolve gelatine in one-fourth cup of cold water, whip cream and combine all. Beat in dish of ice water till it holds its shape, mould; serve custard sauce if desired.

BAVARIAN CREAM WITH FRUIT

1 pt. can fruit
½ box Knox gelatine
½ c. cold water
1 c. sugar
1 pt. cream
½ c. hot water

Mash the fruit, press through a purée strainer; add the dissolved gelatine. Cool, and when it has thickened, add cream (whipped) and mould. Peaches, apricots, raspberries or pineapples can be used.

TAPIOCA CREAM

Cook in a double boiler for fifteen minutes one quart hot milk, two heaping tablespoons Minute tapioca and a little salt, stirring frequently. Beat together the yolks of two eggs and one-half cup sugar, and at the end of fifteen minutes stir into the milk and tapioca. Let all this cook till it begins to thicken like custard. Remove from fire, pour into a dish and whip in the beaten whites of the eggs until no white is to be seen. Add any flavoring desired. It is delicious poured, when cold, over any fresh fruit, as strawberries, raspberries, peaches or oranges.

APPLES IN RICE

One cup washed rice, cooked. Line buttered cups with the rice, fill centers with slices of cooked apples, cover with rice, rounding the tops slightly. Cook in oven fifteen minutes in dish of water. Serve from moulds with custard sauce and cherries.

ORANGE FLOAT

1 pt. water
½ c. sugar
2 tbsp. cornstarch
Juice of 1 lemon
2 or 2½ oranges

Put water on to boil. Moisten cornstarch with a little cold water. Boil slowly ten minutes, stirring constantly. Take from the fire; add sugar, lemon and oranges (in small pieces). Cool. Serve with sugar and milk or cream in orange cups if desired.

CHOCOLATE MOULD

4 tbsp. cornstarch
2 c. scalded milk
¼ tsp. salt
½ tsp. flavoring
2 oz. chocolate or 3 tsp. cocoa
¼ c. cold milk
¼ c. sugar
3 egg whites
½ c. almonds

Mix, cook till thick; chill.

DATES WITH CREAM

Cover dates with hot water, stir with fork. Drain dry, stone and cut. Serve with sweetened cream, whipped.

HARLEQUIN SPANISH CREAM

2 tbsp. Knox gelatine
3 eggs
¼ tsp. salt
4 c. milk
½ c. sugar
Macaroons

Scald milk with gelatine, add sugar, pour slowly on yolks. Cook five minutes or until thickened, stirring constantly. Remove from range, add one teaspoon vanilla and whites. Color for three layers and add macaroons between each layer.

CHOCOLATE OR COCOA BLANCMANGE

Add one-half cup Minute tapioca, one-half cup sugar and a little salt to three cups chocolate or cocoa and let cook fifteen minutes, stirring frequently. Remove from the stove, flavor with vanilla and pour into a mould. Serve cold with sugar and cream.

CREAM PUFFS

1 c. water
1 c. flour
¼ c. butter
4 eggs

Boil up water and butter once, add flour. Stir and cool slightly, add eggs. Bake and fill with cream (cooked or whipped).

CREAM RING

Make puff mixture for ring with one cup of water, one cup of flour, one-quarter cup of butter, four eggs Bake. Fill center with sweetened cream, garnish, using marmalade or jam.

CHARLOTTE RUSSE

1 pt. thick cream
¼ box Knox gelatine
Flavoring
Cake
½ c. milk
⅔ c. confectioners' sugar (or to taste)

Let the gelatine dissolve in warm milk. Cool. Whip cream, add milk, gelatine, sugar and flavoring. Put in mould lined with sponge cake. Set in cool place four or five hours. Ladies' fingers may be used.

CHERRY RUSSE

Follow the recipe above, and put into the cream mixture one-third cup of candied cherries.

NUT RUSSE

In the above, substitute one-half cup chopped nuts for the cherries.

ALMOND CHARLOTTE RUSSE

4 yolks
4 whites
½ c. almonds
1 tsp. baking powder
1 c. confectioners' sugar
¼ c. cocoa
¾ c. cracker dust

Bake in small tins. Cut and fill or garnish with cream and cherries.

KURNQUAT JELLY

1½ c. kurnquat juice
½ c. sugar
Few grains salt
½ c. orange juice
1 tbsp. Knox gelatine
2 tbsp. cold water

Wipe one-fourth box kurnquat, cut in slices, add cold water to cover, bring to boiling point, then cook slowly for thirty minutes, strain, and there should be about one and one-half cups. Chill in small moulds. Garnish with kurnquat slices.

GRAPE JUICE SPONGE

1 tbsp. Knox gelatine
1 c. grape juice
¼ c. water
½ c. sugar

When thickened a little, add two stiff whites, and when it holds its shape, put in glasses with ladies' fingers and garnish with cream and violets if desired.

STEAMED APPLES

Pare, core and steam in syrup of two cups of water to one and one-half cups of sugar. Use as sauce or for compote with fruit garnish; raisins, cherries, nuts or jelly.

PUDDING A L'ADREA

1 c. cream
2 egg whites
⅓ c. sugar
Flavoring
¾ tbsp. Knox gelatine in 1 tbsp. cold water

Scald cream, add sugar, gelatine and stiff whites. Line a mould with red and green jelly and fill with cream mixture, chill.

APPLE A LA MERINGUE

1 egg white
⅛ tsp. vanilla
1 tbsp. confectioners' sugar

Pile on baked apples, brown slightly. Serve with custard or cream if desired.

APPLE SNOW

3 egg whites
Confectioners' sugar
¾ c. apple pulp

Serve cold with custard as a dessert or serve as filling for a cake pie.

MARSHMALLOW PUDDING

1 tbsp. Knox gelatine
¾ c. boiling water
¼ c. cold water
1 c. sugar
3 egg whites
1½ tsp. vanilla

Dissolve gelatine, add sugar when syrup is cool, combine with stiff whites, beat with egg beater till it thickens. Cool in shallow pan and cut like marshmallows. Serve with cream and sugar.

PINEAPPLE SOUFFLE

3 yolks
Salt
Juice of 1 lemon
½ c. sugar

Cook and add

⅓ c. pineapple
½ c. thick cream, beaten
1½ tsp. Knox gelatine
3 whites

Mould.

LOG CABIN PUDDING

1 c. candied fruits
½ c. powdered sugar
1 c. canned fruit
1 tbsp. Knox gelatine in ¼ c. milk
1 c. of cream, whipped
1 tsp. vanilla
Ladies' fingers

JUNKET PUDDING

Drop one Junket tablet in a tablespoon of cold water and crush with a teaspoon in a cup. Heat one quart of milk till lukewarm; add sugar and flavoring to taste, according to the fruit to be used. It can be poured into cups to harden and served plain or with peaches, pineapple, or other fruits. Make it chocolate or coffee Junkets for variety, too. Good for invalids or children.

COCOANUT CREAM TAPIOCA

Boil fifteen minutes in a double boiler, stirring frequently, one quart of hot milk, two level tablespoons of Minute tapioca, three tablespoons of cocoanut and one small cup of sugar. Add the beaten yolks of three eggs and remove at once from the stove. Cover with the whites of eggs beaten to a stiff froth with a little sugar and brown in a quick oven. Serve hot or cold.

APPLES, MANHATTAN STYLE

Place steamed apples on rounds of cake (sponge is best), cut one-half inch thick. Boil syrup more, add red jelly, and serve as a sauce, and garnish also with cream and maraschino cherries.

MAPLE WALNUT TAPIOCA

Heat one pint of milk, stir in carefully two tablespoons of Minute tapioca, cook fifteen minutes, then add the well beaten yolks of two eggs and a pinch of salt, but no sugar. Stir for three minutes, then let cool. Take two-thirds cup of thick maple syrup and beat into the cool tapioca, add one cup of broken English walnut meats. Serve with whipped cream and place half nuts on the top.

APPLE COMPOTE

Prepare apples as for pralines, bake or steam. Serve with the syrup and bright jelly in the holes. Cool if desired.

LEMON PUDDING

Juice of 1 lemon
½ c. sugar
2 eggs (yolks)
⅛ tsp. salt

Beat all together, add one-half cut of boiling water and cook till it thickens, then add stiff whites. To be served cold and with a custard sauce if desired.

COFFEE CREAMS

1 c. strong coffee
4 eggs
Salt
1 c. milk
4 tbsp. sugar

Strain into cups, bake in pan of water.

Peach Snow

Crush two large peaches or 4 canned peaches + rub through a colander. Whip the white of an egg stiff with a trace of salt + add gradually three tablespoonfuls sugar + the peach pulp.

Pudding Sauces

"Give a man sauce enough and he will eat any pudding you set before him."—*Lucy Maria.*

CHOCOLATE SAUCE

I

1 c. sugar
1 tsp. cornstarch
4 tsp. cocoa
½ c. water
½ tsp. vanilla

Boil all till thick and smooth.

II

1 oz. chocolate
1 c. sugar
½ c. milk, rich
½ c. water
1 tbsp. flour

Boil and add milk last.

MOUSSELINE SAUCE

4 yolks
1 c. confectioners' sugar

Cook five minutes. Set in ice water, beat till cold, add one cup of cream (beaten), few grains of salt, one teaspoon vanilla.

LIQUID SAUCE

1 tbsp. butter
1 c. hot water
½ c. sugar
Grating nutmeg
1 tbsp. flour
1½ tbsp. molasses
½ tsp. salt

Cook in given order, except nutmeg. Boil thoroughly; add nutmeg before serving.

VANILLA SAUCE

½ c. sugar
1 tbsp. cornstarch
1 tsp. vanilla
1 c. water
2 tbsp. butter
Few grains salt

Boil five minutes, add butter and vanilla last.

LEMON SAUCE

½ c. sugar
1 c. boiling water
1 tbsp. cornstarch
Few grains of salt
2 tbsp. butter
1½ tbsp. lemon juice
Few gratings of nutmeg

ALMOND SAUCE

¾ c. cream
Almond extract
2 tsp. confectioners' sugar
Few almonds chopped

NUN'S BUTTER

¼ c. butter
1 tsp. vanilla
1 c. confectioners' sugar
2 whites

Cream butter, add sugar and whites. Cool.

PEACH SAUCE

Syrup from can of peaches; one-half can peaches. Cook slowly thirty minutes. Rub through a sieve. Salt.

FOAMY SAUCE

¼ c. butter
White of 1 egg
¼ c. heavy cream
½ c. confectioners' sugar
Few grains salt
½ tbsp. vanilla

Cream butter, add sugar, then egg beaten stiffly, salt and blend over heat. Remove, add stiff cream and vanilla.

CUSTARD SAUCE

½ pt. milk
2 tbsp. sugar
¼ tsp. vanilla
2 yolks
⅛ tsp. salt

SABAYON SAUCE

Juice of 1 lemon
2 yolks
⅓ c. sugar
⅓ c. water

Mix over heat till it begins to thicken. Pour onto two stiff whites.

GERMAN SAUCE

4 yolks
Rind 1 lemon
¼ c. sugar

Stir over heat till the mixture coats the spoon, and serve hot.

CARAMEL SAUCE

Melt to caramel form one-third cup sugar, add one-third cup hot water, and simmer till all is a liquid. Add when cold to one cup thick cream, beaten till stiff.

Fruit Sauce
1-2 c sugar 1 c water
1-2 c apricots 1 tbsp arrowroot.
Stew apricots, after soaking, and add juice to syrup and thicken = with bread + almond pudding

Frozen Dishes

"All the labor of man is for his mouth, and yet the appetite is not filled."

This subject can be divided into three classes: the ice creams, made with cream or milk and frozen with motion; the parfait, mousse or glacé, frozen by packing in ice and salt; and the sherbet, frappé and punch, water ices, frozen with motion again

Sometimes a combination is used and another name still given to the result.

Two things are necessary to insure success: the careful crushing of the ice and the use of the proper proportion of coarse rock salt and ice.

Three measures of ice to one of salt for ice creams, two of ice to one of salt for mousses, and one of ice to one of salt for a frappé is a good rule. The sherbet should be firm and so takes the proportion that the ice cream does, and in repacking or packing down a mixture of any kind, less salt is needed than this rule suggests.

In freezing, turn the crank until it turns with a great difficulty, then open and remove the dasher, stir the cream from the sides of the can and mix all smoothly. Close the can with brown paper under the cover if desired and put a cork in the cover, draw off the brine, add fresh salt and ice, to cover the top and place over all an old piece of carpet or burlap bag. After two or three hours it is ready to serve.

ORANGE FRAPPE

¾ c. sugar
3 c. water
1 c. orange juice

Freeze.

PHILADELPHIA ICE CREAM

1 qt. thin cream
1 tbsp. vanilla
¾ c. sugar

Mix and freeze.

STRAWBERRY ICE CREAM

2 qts. thin cream
1½ c. sugar
1 pt. strawberry preserve

Mix sugar and cream, freeze till a mush. Add fruit, continue freezing. Pack and let it stand about three or four hours before serving. Garnish as desired.

VANILLA ICE CREAM

3 pts. milk
1 tbsp. flour
1 tbsp. vanilla
2 eggs
1¼ c. sugar

Cook as soft custard and cool, then freeze.

BANANA ICE CREAM

Peel four or six ripe bananas and rub the pulp through a purée strainer and add to either recipe for vanilla ice cream, omiting half of the vanilla

COFFEE ICE CREAM

To the recipe above add one-half cup of strong, clear coffee in place of the vanilla.

CARAMEL ICE CREAM

1 qt. thin cream
1⅓ c. sugar
1 tbsp. flour
2 c. milk
1 egg
1 tbsp. vanilla

Make as vanilla cream above and use half of the sugar in the custard and caramelize the rest and add slowly to the hot custard. This is a combination of the Philadelphia and custard cream and can be used with many flavors.

GINGER ICE CREAM

Follow the recipe of the vanilla cream and in place of half the vanilla called for, add one-half cup of Canton ginger, cut in small pieces. Add when two thirds frozen.

MAPLE PARFAIT

Beat four eggs, pour on slowly one cup of hot maple syrup. Cook over water till thick, stirring constantly. Strain and cool. Add one pint of thick cream, stiffly whipped, and mould for three hours.

SILVER PARFAIT

1 c. sugar
3 stiff whites
1 tbsp. vanilla
1 c. water
1 pt. thick cream

Make a sugar syrup and follow above recipe. Mould for three or four hours.

CHOCOLATE MOUSSE

1. pt. thick cream
2 oz. chocolate
¼ c. cold water
½ tsp. vanilla
¾ c. confectioners' sugar
¾ tbsp. Knox gelatine
¼ c. hot water

Add cold water to gelatine, then the hot water. Melt the chocolate. Combine as above and mould for three hours.

COFFEE MOUSSE

1 pt. thick cream
½ c. confectioners' sugar
1 c. clear coffee
¼ tsp. salt

Beat cream and combine, mould four hours, Grape juice or any fruit juice can take the place of the coffee to vary the recipe.

COUP SUZANNE

Half fill glasses with rich vanilla ice cream, add apricots which have been cooked in syrup or kurnquats. Cover with ice cream and garnish.

LEMON SHERBET

WITH MILK

4 c. water
Juice of 3 lemons
1½ c. sugar

Mix and freeze.

FRUIT SHERBET

WITH WATER

1 qt. water
2 c. sugar
1 pt. fruit juice
1 tsp. Knox gelatine if desired

Add two tablespoons cold water and then one-quarter cup hot water to the gelatine and combine all. If lemon is used, one cup is sufficient. Freeze.

PINEAPPLE ICE CREAM

3 pts. thin cream
1 can grated pineapple
¾ c. sugar

Mix fruit and cream, and after one-half hour, strain, add sugar and freeze.

JUNKET ICE CREAM

4 c. milk, lukewarm
1 tbsp. vanilla
1¼ c. sugar
1 c. thick cream, unbeaten
1½ Junket tablets
½ tsp. salt

Dissolve tablets in one tablespoon cold water, mix, and let all stand in shallow dish till set. Flavor and freeze, serve with a fruit garnish.

STRAWBERRY COUP

3 c. milk
1 egg
Flavoring
1 c. sugar
1 tsp. flour
Fruit

Make custard, cool and freeze. Fill glasses half full of fruit and cover with custard ice cream. Garnish.

CRANBERRY PUNCH

One quart cranberries and one pint water cooked five to eight minutes. Strain, add two cups sugar, juice of one lemon and cool. Freeze as sherbet. Serve in glasses.

PEACH SHERBET

1 qt. peach juice
1 qt. water
2 egg whites
2 c. sugar
Juice of 1 lemon

Mix and freeze.

BISCUIT PRINCESS

Ice cream colored and flavored with strawberry

Cherries
¼ c. water
1 tbsp. vanilla
1½ c. heavy cream
⅔ c. sugar
4 yolks
⅛ tsp. salt

Boil sugar and water till it threads, pour onto broken yolks, cook till it thickens, beat till cold. Flavor and add stiff cream. Line melon mould with ice cream, fill with this parfait mixture and cherries. Cover with buttered paper, pack and let stand several hours.

ANGEL PARFAIT

1 tsp. Knox gelatine
2 egg whites, beaten dry
1½ c. double cream, beaten light
3 tbsp. wine or thick syrup
2 tbsp. cold water
½ c. French fruit, cut fine
½ c. granulated sugar
½ c. water

Soak the gelatine in the cold water five minutes or longer. Boil the sugar and half cup of water to the soft ball degree (as in making boiled frosting), pour in a fine stream onto the whites of eggs, beating constantly meanwhile, add the gelatine, stir over cold or ice water until the mixture is cold and begins to set, then fold in the cream, the fruit and the flavoring. The fruit will be softer if soaked in the wine or syrup some hours or over night. Turn into a quart mould, lined with paper, cover securely and let stand in equal measures of ice and salt about three hours.

PARFAIT A LA CARLOS

¼ box Knox gelatine
3 eggs
1 c. sugar
¼ c. cold water
1 pt. cream
1 c. strong coffee

Soak the gelatine in the cold water. Make a syrup of the coffee and sugar; in this, cook the beaten yolks of eggs until the mixture thickens; add the gelatine, stir until cold. When cold, add cream which has been whipped. Freeze and serve in parfait glasses, putting over the top the beaten whites of eggs or a little whipped cream, and decorate with candied cherries.

Beverages

"Drink down all unkindness."—*Shakespeare.*

TEA

Fresh boiling water is the first essential to tea making. Allow three teaspoons of tea to one pint of water for general use and allow the tea to draw for five minutes, then serve at once.

COFFEE

1 c. coffee
1 c. cold water
1 egg
6 c. boiling water

Dilute slightly beaten egg with half the cold water and add with crushed shell to the coffee. Put into the coffee pot and add boiling water, stir well and boil three minutes. Set on back of range to settle and add rest of cold water.

COCOA

Allow one teaspoon of cocoa and one of sugar to each cup and use equal parts of milk and water for the liquid. Mix dry ingredients with part of the water, which should be cold, and then add the rest of the liquids.

GRAPE PUNCH

1 lb. sugar
5 lemons
1 c. water
1 qt. grape punch

Dilute to serve.

MINT JULEP

1 qt. water
2 c. sugar
1 pt. Appollinaris water
12 sprigs mint
1 c. strawberry juice
1 c. orange juice
1½ c. lemon juice
Water

CHOCOLATE

1 stick chocolate
3 tbsp. water

Dissolve, add two cups of milk, boil five minutes. Use sweetened chocolate. Add sugar if desired. Or

1½ oz. Baker's chocolate
¼ c. sugar
1 c. water
3 c. milk
Salt

LEMON SYRUP

1 c. lemon juice
3 pts. water
3 c. sugar

Boil sugar and water twelve minutes, add juice, cool, dilute to taste for lemonade. Bottled syrup can be kept on hand.

CHERRY PUNCH

1 c. water
1 c. tea infusion
5 lemons
5 oranges
2 c. sugar
1 c. maraschino cherries
3 bananas

Dilute with water.

FRUIT PUNCH

1 c. water
5 lemons
5 oranges
1 small bottle maraschino cherries
3 bananas
1 pt. Apollinaris water
1 c. tea infusion
2 c. sugar
1 c. strawberry juice if desired

Dilute with cold water as needed.

PINEAPPLE PUNCH

1 pt. water
1 c. sugar
3 lemons
1 orange
1 qt. ice water
½ can grated pineapple
1 c. tea infusion

Boil water and sugar. Test before serving as fruit will vary.

Confections

"Sweetmeats, messengers of prevailment in unhardened youth."
—*Shakespeare.*

FRENCH FONDANT

2½ lbs. granulated sugar 1½ c. water
¼ tsp. cream of tartar

Stir till dissolved. Boil to 238 deg. Fahr. or soft ball test. Wash down several times during the cooking. Cool to about 90 Fahr. Beat and when creamy put in a stone jar and cover. Use after twenty-four hours, and it is very good after five or six days, at which time it has "aged".

CHOCOLATE CREAMS

With cream foundation make cones, let them stand several hours. Dip in coating chocolate. Place on waxed paper to harden.

UNCOOKED CREAM FOUNDATION

1 egg white 1 tbsp. flour
Confectioners' sugar to thicken

Mix and knead till stiff enough to shape. Use with all kinds of nuts and dates or figs.

SEA FOAM CANDY

3 c. brown sugar 1 c. water
1 tbsp. vinegar

Heat and boil till hard ball is formed. Pour onto two stiffly beaten whites. Beat till mixture holds its shape. Add one teaspoon of vanilla, one cup of nut meats. Drop in rough shape piles and cool.

CREAM FUDGE

2 c. sugar
3 tbsp. cocoa
1 tsp. vanilla
⅔ c. milk
2 tbsp. butter

Boil to a molasses test, or until the mixture will pile up as does molasses when dropped from the spoon. Add nuts if desired and beat till just stiff enough to put in the pan to cool and have it smooth.

MARSHMALLOW FUDGE

2 c. sugar
2 oz. chocolate
1 c. marshmallows
¾ c. milk
2 tbsp. butter
1 tsp. vanilla

Boil sugar, chocolate milk and butter to molasses test. Remove from fire, vanilla must be added. Beat and pour into pan with pieces of marshmallows on the buttered bottom.

CARAMELS

1 lb. coffee (A) sugar
½ c. molasses
½ c. butter
½ c. nuts if desired
½ c. milk
¼ lb. chocolate
1 tsp. vanilla

Boil all, except vanilla and nuts to 252 or 254 deg. Fahr. (soft ball test). Remove, add remaining ingredients. Cool slowly.

PEANUT CUBES

1 c. sugar
1 c. peanuts

Melt sugar, remove from fire. Add nuts and pour on inverted pan, shape and cut.

PEPPERMINTS AND WINTERGREENS

1 c. sugar
3 tsp. confectioners' sugar
3 tbsp. water
Flavoring

Boil syrup up well once, pour unto confectioners' sugar. Flavoring. Beat and drop.

CANDIED ORANGE PEEL

Peel of oranges
½ c. water
1 c. sugar
Sugar to roll

Boil, scrape and cut peel. Put into boiling syrup for ten minutes, roll and cool.

PENUCHIO

2 c. light brown sugar
1 c. chopped nuts
1 c. cream
½ c. maple syrup

Cook to 238 deg. Fahr. with little stirring and then beat till creamy. Add nuts at the last.

SALTED NUTS

PEANUTS OR ALMONDS

1 lb. almonds
1 or 2 tbsp. salt
1 tbsp. butter

Blanch almonds, wipe. Melt butter in cake tin, add nuts and stir till each one shines. Salt and place in the oven, stir several times, remove when a delicate brown.

Peanuts can be salted in same way. Remove jackets, butter to cover, salt to taste.

CHOCOLATE CARAMELS

½ box Knox gelatine
1⅔ c. milk
½ c. chopped nuts, pecans
1 tsp. vanilla
2½ c. sugar
1½ squares chocolate

Soak the gelatine in two-thirds cup of milk ten minutes. Put sugar and milk on stove and when dissolved add chocolate which has been melted. When boiling add gelatine and boil fifteen minutes. Allow to cool a little and stir until it thickens. Then add nuts and pour into pan which has been wet with cold water. When set, immerse pan in hot water an instant, loosen the edges, turn out and cut in squares and roll in confectioners' sugar.

STUFFED CHERRIES

Soak cherries, cut in halves, and stuff with fondant and nut or roll in fondant.

FRENCH PRUNES

Soak prunes, remove stones and stuff with fondant and nut meats. Roll in granulated sugar.

STEAMED FIGS

Steam till soft, cool and make lengthwise incision. Fill with marshmallow and nut meats. Serve in fancy paper cases if desired.

CHOCOLATE STICKS

Cover strips of bread with melted chocolate and nuts. Cool an hour. Serve with chocolate.

TURKISH DELIGHT

1 box Knox gelatine
1 large juicy orange
1 lemon
1 lb. granulated sugar

Soak the gelatine in two-thirds cup of cold water for five minutes. Put sugar on stove in two-thirds cup of cold water, and when it comes to a boiling point add the gelatine. Boil slowly but steadily twenty minutes, add the grated rind and juice of the orange and the juice of the lemon (there should be one-half large cup of fruit juice). Wet tin with cold water and pour in the mixture to the depth of one inch. When firmly set immerse mould in warm water, turn out and cut in cubes and roll in confectioners' sugar to which has been added a teaspoon of cornstarch. Vary by using different fruit juices, flavorings and colorings.

Invalid Cookery and Diets

In preparing food for a patient or convalescent, the attending physician's advice ought to be asked and his suggestions carefully followed. Always have the dishes well-cooked and the food daintily served; and these points cannot be over-estimated. It is now recognized that "the proper selection of food, both solid and fluid, is of as much importance as the use of medicaments." Because less exercise is taken, easily-digested food must be given, and small quantities given often are preferred to a large amount or to a variety of kinds only three times a day, as would be allowed with the well person.

Fresh bread, fried foods, fatty meats and pork, liquors, lobsters, candies, sausages, spices, pastry, potted and preserved meats, or fish are to be avoided in almost every case. Broths, soft cooked eggs, gruels, milk, toasts, jellies, custards, fruits and chicken can be used, with some exceptions. Baked potatoes are more easily digested than boiled ones, baked apples than raw ones, graham or entire wheat rather than white bread, and broiled or baked meats and fish rather than other kinds.

In fevers and kidney troubles, the milk diet is often recommended, and gruels, junket puddings, blancmanges, cream toasts, buttermilk, rice-milk, peptonized milk, albuminized milk, kumyss, nogs, and simple cream soups are variations.

The value of buttermilk is realized more than ever, and the buttermilk tablets make it practical for those not able to purchase fresh buttermilk. With these tablets one can follow the simple directions, and with the fresh milk and the tablet make the buttermilk which contains just what the diseased body needs in many cases.

In diabetes, all sugar and starch ought to be avoided, and this is also true in cases of rheumatism, in which disease all red meats, too, are often forbidden. In cases of nervous disorders and stomach troubles, the dietary should be simple and nutritious: lettuce, green edibles, simple fruits, grape juice, malted milk and meat juices are suggested, and starches ought to be discarded. Oranges and strawberries are two fruits often to be avoided in such a case.

Of the red meats, broiled steak, or only the juice, and the lamb chop, also broiled, are to be first considered; and white fish is always preferred to the salmon or mackerel, for example.

Coffee and tea must often be given up by a patient.

These few general suggestions are only to aid one in the case of the convalescent, or give a little help when we wish to think of a dainty to send to a neighbor, perhaps just free from the doctor's care, able to eat many things that are easily digested and with an appetite still needing a great amount of coaxing, that nutritious food may be taken and strength gained.

Menus for Occasions

"Wd sit to chat as well as eat."—*Shakespeare.*

MENUS FOR FULL COURSE DINNER

I

Sardine Canapés
Julienne Soup
Olives Radishes
Oyster and Macaroni Croquettes
Fillets of Halibut, Hollandaise Sauce
Tomato Jelly, Potato Fritters
Maryland Chicken, Asparagus Tips
Lettuce Salad Cucumber Salad
Sultana Rolls Ladies' Fingers
Crackers Cheese
Café Noir

II

Little Neck Clams
Brown Bread Sandwiches
Consommé Crisped Crackers
Oyster Bouchées
Baked Stuffed Haddock, Dressed Lettuce
Saddle of Mutton
Lyonnaise Potato Brussels Sprouts
Apricot Jelly
Chocolate Ice Cream with Nuts Cake
Coffee

SIMPLER DINNER MENUS

I

Consommé
Broiled Steak with Fried Bananas
Creamed Spinach Mashed Potato
Lettuce Salad Cucumber Salad
Coffee Mousse Macaroons
Walnut Cake
Cheese Wafers Coffee

II

Tomato Soup Bread Sticks
Fried Fillets of Halibut, Cold Slaw
Fricassee of Lamb
Stuffed Tomato Castle Potato
Pineapple Salad Nut Salad
Prune Whips Custard Sauce
Wafers or Small Cakes

COMPANY LUNCHEON MENUS

I

Grape Fruit in Glasses
Cream of Celery Soup
Halibut Croquettes, Dressed Lettuce
Tournedos of Beef
Currant Jelly Julienne Potatoes
Caramel Parfaits Chocolate Cake
Salted Nuts Cream Mints
Coffee

II

Cream Cheese
Brown Bread and Cucumber Sandwich
Chicken and Tomato Bouillon
Mayonnaise of Salmon
Crab Meat Cutlets
Potatoes au Maître d'Hotel
Banana Ice Cream Wafers
Nuts

THANKSGIVING MENUS

I

Plain Grape Fruit Pulp in Cups
Oyster Patties
Roast Turkey, Giblet Sauce
Baked Sweet Potatoes
Mashed White Potatoes, Thanksgiving Style
Onions Stuffed with Nuts and Bake
Squash Soufflé
Chicken Pie
Chiffonade Salad
Thanksgiving Pudding
Vanilla Ice Cream with Peaches
Black Coffee
Nuts Orange Peel

II

Oyster Bisque Pickles
Moulded Halibut Castle Potatoes
Chicken Timbales, White Sauce
Roast Turkey, Mashed Potatoes
Stuffed Onions Fried Cauliflower
Cranberry Punch
Crouton Salad
Pumpkin Pie Golden Sauce
Steamed Pudding
Nuts Grapes
Cheese Café Noir

Marketing Hints

Proper provisions are absolutely necessary for the best results in our cooking, and in this branch is the first source of true economy. In perishable supplies quantities are not practical, and as some one has truly said, we must buy our experience first.

In choosing fish, if the eye is bright, the flesh firm and the smell sweet, we know that the fish is fresh.

In buying meats, consider the use and do not pay a good price for fat and bones, although these add to the flavor and are to be considered to a reasonable extent, and in beef a certain amount of fat mixed with the muscle gives the best flavor

The ripeness of fruits and vegetables depends entirely on the time before their use

In the different cuts of beef one finds the greatest variety, and it ought to be remembered that in the forequarter are the five prime ribs, the five chucks, both for roasts and the first mentioned the most desirable; in fact the chucks are better for small steaks and stews. The neck and sticking piece for mincemeat, the rattle-rand and brisket for corning, and the shin for soup stock are all in this quarter. In the hind quarter are four divisions: the flank for corning, the round, the rump and the loin. The top of the round makes fair steaks, the bottom a cut for boiling, and the aitchbone a cut for a cheap roast and for stews. In the rump, both the face and back give good roasts and steaks, and the loin gives us the sirloin and the tenderloin. The tip of the sirloin is an excellent small roast, and in the first cut of the sirloin is some tenderloin, and both the first and second cuts are for roasts and steaks. In the sirloin roasts and steaks one pays for some bone, but for it gets a better flavor than in the rump often.

Calendar of Food in Seasons

Apples	September to April
Artichokes	Winter Months
Asparagus	May and June
Brussels Sprouts	September to February
Cauliflower	Fall Months
Cod	All the year
Celery	Fall and Winter
Cucumbers	May to September
Flounders	All the year
Halibut	All the year
Lobsters	All the year
Mackerel	April to July
Mushrooms	All the year in large markets
Peaches	September
Peas	July and August
Oysters	September to May
Smelts	September to March
Salmon	May to September
Scallops	October to April
Trout	March to September
Tautog	July to September
Shrimps	April to September
Tomatoes	August to October
Turkeys	September to February

Table Setting and Serving

"All human history attests
That happiness for man—the hungry sinner,
Since Eve ate apples, much depends on dinner."
—*Byron.*

In the average home of today the dinner consists of three courses, and if well prepared and neatly served, guests will enjoy such a meal; and still there will be occasions when a more elaborate dinner is to be served, and the following suggestions may help at these times.

Five, eight or even more courses are used, and for the first, the canapé; clams or oysters are suitable; the soup next, then a fish course, a salad, the dessert, and lastly the cheese and coffee. An entrée can be served before both the fish and meat courses, or in one of these places, and a punch just before the meat, especially if game is served, and often two desserts—a pudding and then a frozen dish. The side dishes decrease as the number of courses increases.

Understanding that the menu is chosen and that its preparation is not to be considered in this chapter, we next refer to the careful ordering, the second thing to ensure success if the dinner, or whatever the meal, is to be smoothly and consistently served. Often a person fails in this one point, and an extra dish here and the lack of a glass there, or silver placed at an angle of forty-five degrees, are defects which present themselves readily and cause confusion to detract from a well-composed menu or the most appetizing combination of viands.

These general rules should be followed as closely as circumstances and conditions will allow. Always use a silence cloth, a cotton blanket is an inexpensive and quite satisfactory

one; then place the middle of a carefully ironed tablecloth over this in exactly the middle of the table, and all the sides and ends are sure to be true and equal. For every meal have some simple centrepiece, a simple doyley and a small fern will help to supply this need when neither the wild or the cut flowers can be obtained. Allow about eighteen inches for each "cover" or place, and directly in front of the chair place, an inch from the edge of the table, the service plate, at the right of this the knives needed and at the left the forks. The spoons are placed at the right of the knives, or if there is much silver to be used and limited space, the spoons can be put in front of the plate, with the handles toward the right. The general rule is to place the silver so that it can be taken one piece at a time from the outside as needed. The oyster fork and the spoon for the soup are two exceptions and are often at the right. Place the silver on either side of the plates at right angles with the edge of the table. The napkin ought to be placed at the left, just beyond the forks, with the corner of single points in the lower right hand corner. At the point of the knives place the tumbler, and at the point of the forks, the butter plate or bread and butter plate, as the case may be. The service plate is removed with the soup plate, or after the first hot course, and all dishes should be put on at the right and removed from the left, unless it is expected that the one served is to help himself, in which case the dish is offered from the left, that the right hand can be easily used to reach the tray. When a person has eaten all that is desired of a course, the silver should be placed across the plate, about in the middle and parallel, if both the knife and fork are to be removed.

When, at a luncheon, a fruit course is to be served last, the fruit plate, with a doyley, finger-bowl and fruit knife and spoon, may be placed in front of the guest, and then the doyley and finger-bowl should be slipped off by the guest and placed to the left, and is ready for use later.

Nuts, olives and radishes can be offered during the courses and accepted, as one may wish. Flowers are placed often in

front of each cover or across the napkin before the dinner is announced, and a single flower for the gentleman and more for the lady, and the place card and favors should be in front of the plate, as fancy indicates.

The amount of so-called "agony" varies with each family, but one ought to always be considerate, thoughtful and polite, and apply "style" according to conditions, and in the home have true family enjoyment and comfort at meal times.

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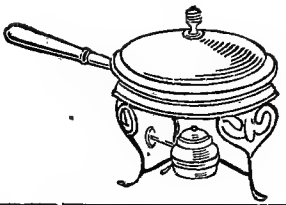

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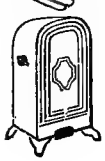

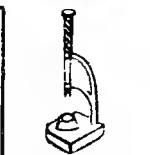

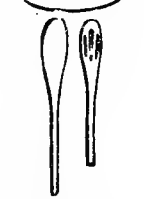
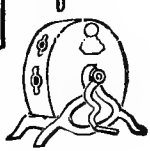

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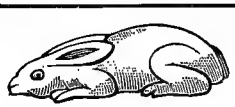

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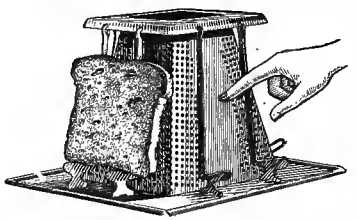

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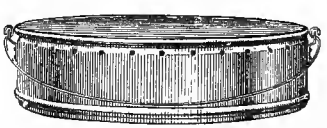
No. 115 VULCAN CAKE GRIDDLE

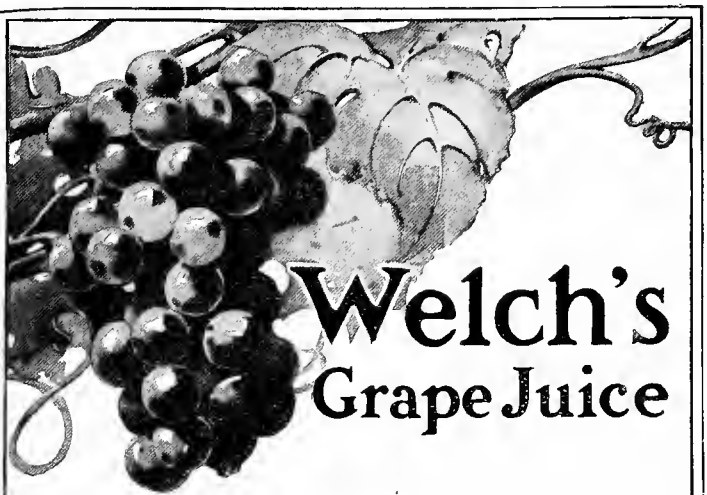


The only Griddle on which it is possible to prepare perfect pancakes over the flame of a gas range or hot plate. Four cakes can be cooked at one time; browns the cakes evenly and quickly. The ordinary Griddle cannot be used on a gas range or hot plate, as the heat produced is concentrated within a limited area. With the ordinary Griddle, the cakes nearest the centre burn, while those further removed cook very slowly. The heat deflector in the Vulcan Cake Griddle distributes the flame. Openings provided near the top draw the flame upwards, equally distributing the heat over the entire cooking top. Cakes cook equally as well at the extreme edge of the griddle as at the centre. Diameter of griddle, 11 inches; depth, 2½ inches.

For Sale at all Gas Companies, Department and Hardware Stores

Manufactured by

WILLIAM M. CRANE CO., 16-18-20 W. 32d St., New York



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If your dealer doesn't keep Welch's, send $3 00 for trial dozen pints, express prepaid east of Omaha. Booklet of forty delicious ways of using Welch's Grape Juice, free. Sample 3 oz. bottle by mail, 10c.

The Welch Grape Juice Co.

Westfield, New York

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By Using "WEAR-EVER" Aluminum Utensils

"**Wear-Ever**" Aluminum Cooking Utensils are not only light in weight, dainty, clean, delightful to use, non-poisonous and durable, but they also save fuel, because, in aluminum, the heat quickly spreads—spreads to every part of the utensil, and also, when heated, only a moderate fire is needed to keep them hot. Thus used, "**Wear-Ever**" Utensils do not scorch, and the saving in gas and coal bills is considerable—you can put the difference into better food.

Time is saved because it is not necessary to stir food continually in order to have it cook nicely in "**Wear-Ever**" Aluminum Utensils. Strength is saved because Aluminum is at least one-third lighter than any other metal used in manufacturing cooking utensils.

Then, too, no metallic poisoning is possible if aluminum ware is used; whereas there is danger of poisoning from copper, brass or plated ware. There is no enamel to chip off in the food nor to leave a place in the bottom of the utensil which will burn the food readily.

"**Wear-Ever**" Aluminum Utensils do not corrode or become rusty. They are as near indestructible as any utensils can be, for they are solid metal throughout

Heat evenly applied is necessary to perfect cookery. Aluminum so absorbs and holds heat that it produces even heat and therefore the best results in the cooking of foods that contain milk and eggs.

"**Wear-Ever**" Utensils insure the even temperature of food being cooked and the even "temper" of the person doing the cooking.

It is not an unusual thing nowadays to see bright, shiny cooking utensils in some kitchen that look as if they had been bought the day before, but which have been in daily service for nine years.

The same utensils in tin plate or enamel would—well you know just about how they would look if they were to be found at all in a kitchen.

"**Wear-Ever**" Aluminum Utensils are not expensive. Their first cost is not much greater than that of good grade enamel utensils, and when the fact that they will last a lifetime is considered, they are by far the cheapest utensils on the market.

Utensils bearing the "**Wear-Ever**" trade-mark are made by the makers of the metal—they are made to give satisfaction for a lifetime. Always look for the trade-mark.

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TRADE MARK

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NOTE.—The above dressings may be improved, to some tastes, by adding chopped nuts of any kind—chestnuts, peanuts, walnuts, etc. Oysters also give a fine flavor.

OF YOUR GROCER. The small, or 10c can will flavor the dressing for 100 lbs. of meat, game, fish or poultry; the large, or 25c can for 300 lbs. The 1-lb. and 5-lbs cans are purchased by all first-class hotels and restaurants.

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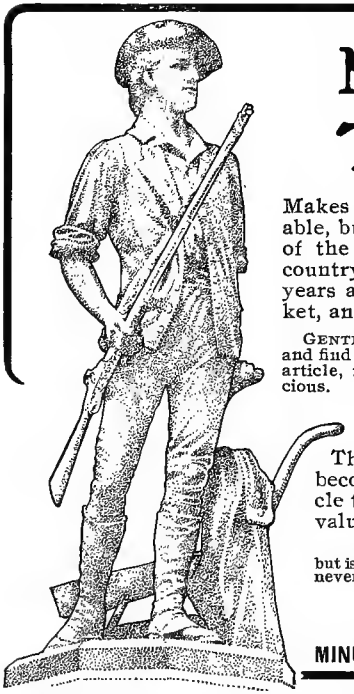

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Makes a dessert not only dainty and enjoyable, but possessing **great food value.** One of the best known expert chemists in the country analyzed Minute Tapioca fourteen years ago, when it was first put on the market, and wrote of it as follows:

GENTLEMEN. I have examined your Minute Tapioca and find it a triumph of new science, a pure and perfect article, rich in nutriment, readily digested and delicious.

Yours respectfully,
WILLARD H. MORSE,
Consulting Chemist, Westfield, N. J.

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IT REQUIRES NO SOAKING,

but is, like the Minuteman, always ready. Quickly cooked, never soggy, gummy or lumpy, but light and delicious.

A Package Makes 6 Quarts.

Ask your grocer for it. Look for the MINUTEMAN on the package.

MINUTE TAPIOCA COMPANY, Orange, Mass.

Try this Receipt for Coffee Jelly

Place one envelope of **Minute Gelatine,** one half cup of sugar and a pinch of salt in a pint cup, fill the cup with boiling coffee, stir thoroughly one minute, strain into a mold and set to cool. Serve with cream and sugar.

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MINUTE GELATINE

comes already measured, each package containing four envelopes. Each envelope makes **one pint,** a whole package making **one half gallon of dessert.**

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